

## What the Data Says About Bullying

- 20-40% of bullying victims actually report being bullied.
- 70% of middle school and high school students experience bullying in school.
- 7-12% of bullies are habitual and pose a serious threat.
- 5-15% of students are constantly bullied.
- 27% of students are bullied because of their refusal to engage in common sexual practices.
- 25% of students encourage bullying if not given proper education and support in anti-bullying techniques.

### Recognizing the Warning Signs in Students

- Comes home with damaged or missing clothing or other belongings
- Reports losing items such as books, electronics, clothing, jewelry
- Unexplained injuries
- Trouble sleeping
- Hurts themselves
- Feels helpless
- Runs away from home
- Loses interests in friends

### What Students Can Do

- Speak up against bullying
- Walk away
- Tell an adult you trust
- Stick together to support each other

### Wake County Public School System

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*Counseling and Student Services*

## Bullying, Harassment Prevention



Stop Bullying Now!

# Bullying, Harassment

## Definition

Bullying behavior or harassment is any repeated, systematic pattern of gestures or written, electronic, or verbal communications, or any physical act or any threatening communication on school property; at any school sponsored function; on a school bus; or as otherwise stated in Board Policy 6400-Student Code of Conduct, and that:

Places a student or school employee in actual and reasonable fear of harm to his or her person or damage to his or her property;

or

Creates or is certain to create a hostile environment by substantially interfering with or impairing a student's educational performance, opportunities, or benefits. A hostile environment means that the victim subjectively views the conduct as bullying or harassing behavior and the conduct is objectively severe or pervasive enough that a reasonable person would agree that it is bullying or harassing behavior.

Bullying behavior or harassment includes, but is not limited to, acts reasonably perceived as being motivated by any actual or perceived differentiating characteristic, such as race, color, religion, ancestry, national origin, gender, socioeconomic status, gender identity, physical appearance, sexual orientation, or mental, physical, developmental, or sensory disability, or by association with a person who has or is perceived to have one or more of these characteristics.

## Types of Bullying

### Physical Bullying

- Punching
- Pushing
- Shoving
- Kicking
- Inappropriate touching
- Tickling
- Headlocks
- School pranks
- Teasing
- Fighting

### Emotional Bullying

- Spreading malicious rumors about people
- Getting certain people to "gang up" on others
- Silent treatment

### Verbal Bullying

- Directing profanity at the target
- Tormenting
- Rumors

### Cyber-Bullying

- Is any bullying done through the use of technology

## Steps to Address Bullying in Schools

### School Level

- Increase adult supervision
- Involve students, parents, teachers, and staff in bullying prevention
- Create policies & rules
- Encourage teachers & staff to file incident reports of bullying
- Raise awareness about bullying prevention
- Establish a school culture of acceptance, tolerance and respect

### District Level

- Stop Bullying! Interventions for Safe Schools Curriculum
- Individual counseling available
- Group counseling on anger management and/or peer relationships
- Character Education

### What Can Parents Do?

- Contact a school administrator, counselor, social worker or psychologist for help
- Provide positive feedback for students demonstrating appropriate behavior
- Use alternatives to physical punishment to stop bullying behavior