

Bullying is NOT conflict.

Bullying is NOT OK.

It hurts to be teased, threatened, attacked, excluded, or gossiped about.

Bullies like power.

Bullies need an audience.

It's not OK for anyone to ignore the fact that someone is being bullied.

Bullies can be stopped!

Respect Motto:

I respect myself,
I respect others,
I expect others to respect me and each other,
I will not tolerate disrespect to anyone.

See: Board of Education Policy 1.7100
Board of Education Policy 4.3501
Student Code of Conduct

HOW WE CAN



BULLYING

- ➔ Everyone takes responsibility - students, parents, staff, administration and the community.
- ➔ No one tolerates bullying behaviors.
- ➔ Schools teach conflict resolution at all grade levels and foster an atmosphere of kindness and concern toward others.

CCS Counselors



Connect
Advocate
Respect
Encourage

**Catawba County
Schools are**

Bully Free Zones



*Teach, Learn & Lead
for the Future*

Bullying is not:

- Mutual dislike
- Conflict which involves disagreements resulting from differences in attitudes, beliefs, values or needs
- Minor disruptions
- Challenging inter-personal relationships
- Arguments



These behaviors are Conflict Resolution

- Ignoring or walking away
- Talking friendly and firmly
- Telling how you feel using “I feel” statements, such as “I feel sad when you say those things to me.”
- Telling what you don’t like and what you want to happen.

Bullying is:

- Continued unwelcome behavior that persists after the person has been told to stop
- Hitting, kicking, shoving, and other acts of physical aggression to gain power
- On-going taunting, teasing, name-calling or spreading rumors either personally or through cyber space
- Excluding or ignoring others in a hostile way
- Taking money or other belongings by force
- Repeated threats: verbal, or with looks and/or gestures



These behaviors are Response Interventions

- Telling the bully to “STOP” or saying “NO” in a loud, clear voice
- Telling the nearest adult
- Going to the counselor or administrator if necessary

Bullying Hurts

...the Bully...

It keeps the bully from becoming a secure, responsible, emotionally mature and well-balanced adult. It thrives on ignorance and lack of respect for others.

...the Victim...

It causes physical problems such as headaches, stomach or back aches. It causes emotional problems such as anger, fear, irritability, anxiety, confusion, depression, low self-esteem, or embarrassment.

...the Bystander...

It causes loss of self-esteem and creates a feeling of helplessness and fear.

...Everyone...

It causes academic problems such as absenteeism, tardiness, lack of concentration, or drop in performance and grades. These are often accompanied by emotional problems.