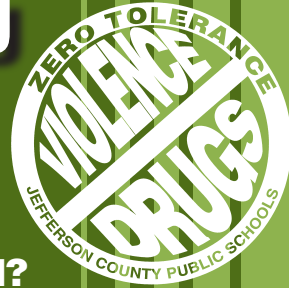


Safe and Drug-Free Schools

Bullying

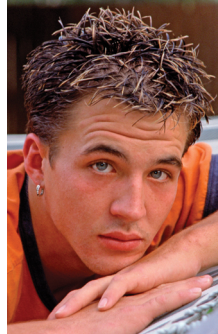


How does it feel to be bullied? High school students write:

“If the teachers don’t stop it
and it goes on long enough,
you start to believe what
they say about you.”

“It hurts to feel mad and
inferior at the same time.”

“Bad—that’s what revenge
is for.”



What prevention service is offered through the Jefferson County Public Schools (JCPS) Safe and Drug-Free Schools (SDFS) Office?

Steps to Respect is a research-based bullying-prevention program for elementary schools that uses a whole-school approach by addressing staff, family, and student components. Training is available for school staff. For more information, contact the SDFS Office at **(502) 485-3260**.

Where to Go for Help

Parents should contact their child’s school if they have concerns about bullying. Schools can contact the JCPS SDFS Office at **(502) 485-3260** concerning resources and workshops for school personnel and parents.

Jefferson County Public Schools
Safe and Drug-Free Schools
Louisville, Kentucky
(502) 485-3260
Fax: 485-7090



Bullying

is a repeated, deliberate act of intimidation or harassment to emotionally or physically harm another person. Cyberbullying is the use of technology to degrade or humiliate another person or group.

Bullying usually leads to:

- Verbal aggression.
- Intimidation.
- Sexual harassment.
- Racial and ethnic harassment.
- Physical aggression.
- Spreading rumors.
- Leaving someone out.
- Name calling.
- Rude hand gestures.
- Mean text messages.
- Mean or false e-mail messages.
- Hurtful Internet postings.

Students who bully usually:

- Enjoy the feeling of power and control.
- Lack compassion and empathy for their victims.
- Blame the victims.
- Ignore or break rules and push boundaries.
- Are determined to win and have trouble losing.

Students who are bullied:

- May have damaged or missing clothing, books, or belongings or have unexplained cuts, bruises, or scratches.
- Often have sporadic school attendance, lose interest in schoolwork, and have few or no friends.
- Often appear sad, depressed, moody, or anxious or have poor self-esteem.
- May complain of headaches or stomachaches, have trouble sleeping, or have frequent nightmares.
- Rarely tell anyone because they fear it will make matters worse.

Students who are bullied should be taught:

- To report incidents of bullying to an adult whom they trust.
- That reporting is not tattling or snitching and that they will be safe from retaliation.
- To respond evenly and firmly or say nothing and walk away.
- Assertiveness skills or ways to take up for themselves without resorting to violence.

School environments that encourage nonbullying teach bystanders:

- Not to laugh, join in, or encourage bullying.
- To refuse to spread rumors.
- To report the behavior to an adult.
- About assertiveness skills and nonviolent ways to reach bullies.
- To offer their support and friendship to students who are bullied.

Parents should:

- Provide constant assurance to their child that he or she doesn't deserve to be bullied and that he or she will get help.
- Watch for signs of their child being bullied (e.g., withdrawal, loss of interest in school, unexplained signs of physical harm, loss of money or possessions, illness, or becoming nervous and fearful about attending school).
- Take an active role in their child's academic and social lives.
- Encourage their child to socialize with others his or her own age, making him or her less likely to be singled out by bullies.
- Report acts of violence or intimidation to school personnel.