

Help to Deal with Bullying



Our Mission is to produce a sense of community where all students feel safe, connected, and valued.

[Educating Our Students](#)

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance.

The behavior is often repeated, or has the potential to be repeated over time, but a one-time event can be bullying if it's severe. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Bullying or Conflict?

All bullying is mean, but not all mean behavior is bullying. So, if bullying is not the same as pure peer aggression or conflict, what is it?

In conflict, the incident is usually "two sided" – each student is being aggressive toward the other one. In bullying, it tends to be one sided. Bullying tends to be more about arrogance, control, and power. It's the feeling that I'm better than you and I have a right to treat you this way. All bullying is mean, but not all mean behavior is bullying.

"Bullying is arrogance in action."

– Barbara Coloroso

Why Students Bully

Information about bullying suggests that there are three interrelated reasons why students bully:

1. Students who bully have strong needs for attention, power, and (negative) dominance.
2. Students who bully find satisfaction in causing injury and suffering to other students. Most people who bully have been bullied.
3. Students who bully are often rewarded in some way for their behavior with material (money, food, possessions, etc.) or psychological rewards (laughs, being noticed, etc.).

Strategies in Dealing with Bullying

1. Report to an adult at home and at school. They might be able to help you come up with a plan to stop the bullying.
2. Talk to a friend about it.
3. Remember it's not your fault. You don't deserve to be mistreated. The aggressive student is the one with the problem.
4. If the behavior is not very serious, try ignoring them at first. Only ignore if once. If the behavior continues or is severe, quickly use another strategy.
5. Never retaliate. This often makes the situation worse, plus it will get you in trouble even if you didn't start it. Remember, once the aggressive behavior goes both ways it's not bullying. It would more likely be referred to as "conflict."
6. Laugh - If someone says something funny about you, try to laugh it off. Of course, this can be taken too far. If it is not funny at all, and you really are hurt by what was said, try one of the other responses listed here.
7. Consider getting out of relationships where someone is continually hurting you. Friends don't make a habit of hurting each other.
8. When possible, avoid getting emotional (example-extremely angry) when someone teases you. This reaction is the reward for many who bully others. Try to be as indifferent as possible. Don't take the bait!
9. Get involved in school! Students who are connected are less likely to be bullied.
10. Call the police. If you feel your safety (or the safety of someone else) is in question, report to school administrators and/or police immediately.

Source: www.violencepreventionworks.org

Reporting vs. Tattling

Research shows the most important thing a student can do when bullied is report to an adult at school and home. However, many students don't report because they don't want to be considered a "tattle tale." But there's a difference between reporting and tattling (sometimes called "snitching," "ratting"). Students of all ages need to know these differences!

- 😊 Reporting helps stop trouble.
- 😞 Tattling causes trouble.
- 😊 Reporting helps get people out of trouble.
- 😞 Tattling is trying to get someone in trouble.
- 😊 Reporting saves time and sometimes lives.
- 😞 Tattling is a waste of everyone's time.

The goal of the aggressive student is for you to remain silent. Silence is the key to his or her ability to hurt others.

Two Ways to Make a Report of Bullying

1. Offline (in person)

- a. Report to teacher (in person or in writing) or other staff members in the building.
- b. Report directly to the AP (in person or written).

2. Online

- a. Students:
 - Download the "STOPit" app and enter the code *Frisco#1*.
 - Select your school; make your report.
- b. Parents:
 - Go to your student's campus website.
 - Click on the "STOPit" icon; make your report.

Once you submit your online report the message will be sent to the campus administrators.

What happens after a report is made?

1. The AP will contact the parents of students involved to inform them of this report and begin the investigative process. During this process, the AP will interview all students involved in the incident.
2. When necessary, interim steps will be taken to ensure safety of the targeted student while the investigation is taking place.
3. The student who was targeted is encouraged to report any retaliation or continued mistreatment now or in the future to the AP, his/her parents, and/or the police (when necessary) immediately.
4. After the investigation is complete and a plan of action has been determined, the AP will contact the students and parents involved in the report to address the findings.
5. Appropriate consequences will be given to the student committing the bullying behavior. (Note: the AP is not allowed to share consequences with the parents of the targeted student.)
6. The targeted student will be offered strategies on dealing with bullying.
7. In order to provide extra support, the AP will inform the counselor of the incident.
8. Staff members (specials teachers, bus drivers, etc.) will be involved on a need to know basis.

"In the end we will remember not the words of our enemies, but the silence of our friends."

– Martin Luther King, Jr.

More information on bullying prevention:

Frisco ISD Website - <http://www.friscoisd.org/departments/guidance-and-counseling/bullying>

The Olweus Bullying Prevention Program - <http://www.violencepreventionworks.org>

The police should be contacted in the following situations:

- When the message encourages suicide.
- Incites violence through group bullying.
- Extortion (taking your money)
- Obscene or harassing phone calls or text messages
- Harassment, stalking, or hate crimes
- Sexual exploitation
- Releases or threatens to release intimate visual material.
- Involves assault or harassment (repeated negative e-communications)

Be a Positive Bystander

It's estimated 15% of students bully, 15% get bullied, and the rest (the bystanders) watch; therefore bystanders can play a huge role in the prevention of peer mistreatment. Research from students who have been bullied say the following bystander behaviors are the most helpful:

1. Spent time with me at school.
2. Talked to me at school and encouraged me.
3. Helped me get away from the situation.
4. Gave advice about what I should do.
5. Contacted me at home to encourage me.
6. Helped me tell an adult.
7. Encouraged me to report to an adult or reported for me.



FRISCO
INDEPENDENT SCHOOL DISTRICT

Student Services- Guidance and
Counseling
469-633-6583
www.friscoisd.org