

BYSTANDERS

If you see someone getting bullied:

- Confidently tell them to stop
- Stand up for the target
- Tell an adult you trust



NO BULLYING ALLOWED

- Remember the Maize Way
- Respect everyone
- Maize schools do not allow bullies
- Be a friend to everyone

POWERLESS SKILLS

If you do this , a bully may seek you as a TARGET:

1. Cry. Hit. Kick. Yell.
2. Shiver. Call names.
3. Act terrified.
4. Hold your head down.
5. Quit coming to school.
6. Get sick when bullied.
7. Give bully your money.
8. Run away from home.
9. Don't tell an adult.
10. Start feeling depressed.
11. Try to change schools.
12. Start letting grades drop.

POWERFUL SKILLS

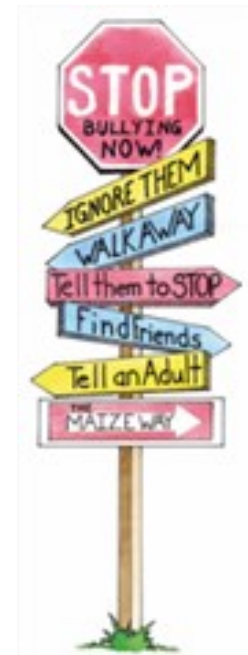
Instead, act like this around a bully:

1. Act confident.
2. Look them in the eyes.
3. Don't go to unsafe spots.
4. Say: Leave me alone.
5. Say: Whatever.
6. Make a joke. "I don't like my clothes either."
7. Change the subject.
8. Smile and say nothing.
9. Agree with the bully.
10. Offer a compliment.
11. Use "I " messages.
12. Repeat your message.

Adapted from *Guidance Rocks* by Kathy Cooper and Marianne Vandawalker, (2003), Youthlight.Inc., Chapin, SC.

Bully Prevention

Make your school bully free!



MAIZE SCHOOL DISTRICT
USD 266, Maize, KS 67101
www.usd266.com



WHAT IS BULLYING?

Bullying is an intentional action to hurt a student or staff member. Bullying is a choice. It's a hurtful action that happens repeatedly.

USD 266 BOARD POLICY

According to KSA 72-8205 and USD 266 Board Policy:

Bullying means any intentional gesture or written, verbal, or physical act or threat that is sufficiently severe that creates a threatening environment for a student or staff member that:

- harms a student or staff member, physically or mentally;
- damages a student's or staff member's property;
- placing a student or staff member in fear of harm to them;
- placing a student or staff member in fear of harm to the student's or staff member's property;
- cyberbullying by using a phone or computer at school.

**Bullying can be *PHYSICAL*:
Harm to someone's body or property**

- Hitting
- Kicking
- Pushing
- Stealing

**Bullying can be *VERBAL*:
Harm to someone's self-esteem or feeling of safety**

- Teasing
- Name-calling
- Insulting – saying mean things
- Threatening words

**Bullying can be *SOCIAL*:
Harm to someone's group acceptance**

- Spreading lies about someone
- Making someone do something they do not want to do
- Making mean faces or

**Bullying can be *CYBER-BASED*:
Intentionally hurting someone using an electronic device.**

WHERE DOES BULLYING HAPPEN?

- School grounds / Hallways
- Classroom / Cafeteria
- Neighborhood / Home- Brothers/Sisters
- Bus / Bus Stop
- Computer / Internet / Phone/ Social Media
- Electronic Games



IF SOMEONE IS BULLYING YOU:

- Try to ignore them
- With confidence, tell them to stop
- Walk away
- Find friends to be with
- Tell an adult you trust
- Report it online or at a school office