

## Bullying Prevention

Bullying is addressed at all levels in FWCS through several programs.

Bullying comes in many forms – physical, emotional and cyber bullying. The **FWCS Code of Conduct** defines bullying as, "Overt, repeated acts or gestures, including verbal or written communications or images transmitted in any manner including digitally or electronically, text messaging; physical acts committed; or any other behaviors committed by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate or harm the targeted student and create for the targeted student an objectively hostile school environment. This rule will also apply when using property or equipment provided by the school.

If a student is being bullied or sees someone else being bullied, please talk to a trusted adult at your school.

## How to Tell if a Child is Being Bullied

- Comes home from school with torn or dirty clothing or damaged books
- Has cuts, bruises or scratches
- Plays with few, if any, friends
- Seems afraid to go to school, or complains of headaches or stomach pain
- Doesn't sleep well or has bad dreams
- Loses interest in schoolwork
- Seems sad, depressed or moody
- Is anxious or has poor self-esteem
- Is quiet, sensitive or passive

## Warning Signs of a Bully

- Seeks to dominate and/or manipulate others
- Enjoys feeling powerful and in control (whether real or not)
- Is both a poor winner (boastful and arrogant) and a poor loser
- Seems to derive satisfaction from other's fears, discomfort and pain
- Is good at hiding behaviors or doing them where adults can't notice
- Is excited by conflict between others
- Blames others for his or her problems
- Displayed uncontrolled anger
- Has a history of discipline problems
- Displays a pattern of impulsive and chronic hitting, intimidating and aggressive behaviors
- Displays intolerance and prejudice towards others
- May use drugs, alcohol or be a member of a gang
- Lacks empathy towards others



## What to do if You are Bullied Try to ignore the bully. Bullies often stop if they don't have an audience.

- Try to ignore the bully. Bullies often stop if they don't have an audience.
- If you continue to be bullied, tell the bully to stop. Look him or her in the eye, and without name calling, say, "I want you to stop it."
- Try to sit with kids who are friends or kids who make you feel safe.
- Don't provoke the bully by staring as staring is seen as confrontational.
- Practice sitting up straight, walk tall and walk with confidence. Targets of bullies often slouch in their seats or when they walk, which fuels the bully.
- Reach out, even to bullies. Get them to work for you and not against you.
- If problems continue, tell a trusted adult at your school, including your teacher, your principal or your bus driver, and tell your parents.

## What to do if You Witness Bullying Enlist an adult immediately, if someone is in danger of getting hurt

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- Do not watch. If you cannot intervene, walk away
- Do not react emotionally with laughter or even a nervous giggle or snicker
- Combat the rumor mill with the truth about the victim
- Offer your support and friendship afterward
- Report the incident, time and place to a trusted adult at your school, including your teacher, principal or bus driver, and tell your parents

## Web Resources Consumer Protect – Protect Your Kids Online – Resources for families on keeping children safe while online.

- [Consumer Protect](#) – Protect Your Kids Online – Resources for families on keeping children safe while online.
- [Stop Bullying.gov](#) provides information from various government agencies on how students, parents, educators and others in the community can prevent or stop bullying.
- [Kids Against Bullying](#) offers interactive games, videos and information for kids on bullying prevention.
- [Teens Against Bullying](#) offers interactive information for teens on bullying prevention.
- [Stomp Out Bullying](#) provides information and support on how to stop bullying.
- [FBI-SOS](#) is the FBI's Web site to promote cyber safety.
- [Face book's Safety Center](#) offers safety information for parents, students and teachers.
- [A Call to Stop Bullying](#) provides information on signs and effects of bullying and cyberbullying and advice for kids on how to stop bullying.
- [Stand For The Silent](#) empowers youth to create cultures of kindness and stand up to bullying.