



**BULLY FREE
SCHOOLS**

**Middle School / High School
Staff, Parent, Student
Handbook**



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BULLY-FREE SCHOOL HANDBOOK

I. Goals

1. To support a safe school climate, conducive to teaching and learning that is free from threat, harassment, and any type of bullying behavior.
2. To create a school culture in which all types of bullying are regarded as unacceptable.
3. To implement procedures for intervention, investigation, and confrontation of students engaged in bullying behavior.
4. To empower victims and bystanders, or witnesses, of bullying to intervene upon observation of bullying behavior by their peers without fear of retaliation.

II. Definition of Bullying & Cyberbullying

Bullying: In accordance with state law, bullying is defined as intimidation, unwanted aggressive behavior, or harassment that is repetitive or is substantially likely to be repeated and causes a reasonable student to fear for his or her physical safety or property; that substantially interferes with the educational performance, opportunities or benefits of any student without exception; or that substantially disrupts the orderly operation of the school. Bullying includes, but is not limited to: physical actions, including violence, gestures, theft, or property damage; oral, written, or electronic communication, including name-calling, put-downs, extortion, or threats; or threats of reprisal or retaliation for reporting such acts.

Cyberbullying: A form of bullying committed by transmission of a communication including, but not limited to, a message, text, sound or image by means of an electronic device including, but not limited to, a telephone, wireless telephone or other wireless communication device, computer or pager. The district has jurisdiction over cyberbullying that uses the district's technology resources or that originates on district property, at a district activity or on district transportation. Even when cyberbullying does not involve district property, activities or technology resources, the district will impose consequences and discipline for those who engage in cyberbullying if there is a sufficient nexus to the educational environment, the behavior materially and substantially disrupts the educational environment, the communication involves a threat as defined by law, or the district is otherwise allowed by law to address the behavior.

III. Reporting Procedure

All students shall be informed of their right to protection against bullying behaviors and the right to file a complaint if they believe they have been the victim or witnessed an incident of bullying behavior. School administrators are responsible for investigating each report, determining if the complaint is legitimate in accordance with the above definition, and taking appropriate corrective action. Any student or staff member may initiate a complaint by talking to an administrator or completing a complaint form and returning this form to a school administrator or placing it in the drop box located in a central location of the building. Forms will be available from the following: teachers, nurse, library, front office, guidance office, and website.

IV. Responding to Reports of Bullying

Within **two school days** of receiving a report of bullying, the principal will initiate an investigation of the incident. The investigation shall be completed within **ten school days** of the date the report of bullying was received unless good cause exists to extend the investigation.

- A. Interview the reporter or alleged victim.
 - 1. Document basic information (who, what, where, when).
 - 2. Ask for witnesses or evidence.
 - 3. Offer assurance of protection against retaliation.
 - 4. Inform parent/guardian of the alleged bullying

- B. Review Evidence and Interview Witness

- C. Meet with alleged bully.
 - 1. Explain bullying behavior and its seriousness.
 - 2. Present the allegation.
 - 3. Provide an opportunity for response.
 - 4. Explain investigation and follow up procedures.
 - 5. Caution against retaliation.
 - 6. Inform parent/guardian of the alleged bullying
 - 7. Complete and file the Documentation of Bullying form.
 - 8. Administer appropriate consequences as stated on the Bullying Behavior and Discipline Chart.

V. Protection Against Retaliation

Students shall feel free to report bullying incidents without fear of retaliation from the accused. Any attempt of retaliation shall be addressed by appropriate corrective actions up to and including expulsion.

VI. Appeal Procedure

Both parties have the right to appeal the decision of the school administration in any situation that involves bullying behavior. Appeals must be stated in writing by the parent/guardian and forwarded to the superintendent of Savannah R3 Schools

VII. Bullying Education

Students and parents shall be notified in writing that bullying behaviors shall not be tolerated. The Bully-Free Schools handbook, will be provided to all parents during school registration in August.

School administrators and teachers shall use announcements, newsletters, student advisory meetings, character education lessons, guidance curriculum lessons, assemblies, or other appropriate means to inform all students of the prohibition against bullying and the procedure for reporting complaints.

Savannah R3 6-12 Bullying - Incident Report Form

If you have been the target of bullying or have witnessed the bullying of another student, complete this form and submit to a teacher, counselor, or building principal. You have the right to complete this form anonymously. However, it will be easier for the school to investigate this matter if as much information as possible is provided.

Reporter's Name: _____ Date Completed: _____

Who is the **Victim or Intended** target of bullying? _____

Date(s) of alleged bullying: _____

Person(s) alleged to have committed the bullying or harassment: _____

Describe the incident(s) of bullying as accurately as possible (use the back if necessary):

Names of witnesses: _____

Have you reported this to anyone else? ___ Yes ___ No. If yes, Who? _____

This section is for school staff

Date Received: _____ Start Date: _____ Completion Date: _____

Investigative Action Taken: _____

Result of Investigation: Was the bullying incident substantiated ___ Yes ___ No

Action Taken: _____

Make 2 copies of this form. Copy 1 for the alleged bullying student's file. Copy 2 for the alleged target student's file. Original goes to the cumulative building file for bullying report forms

Bullying Behavior and Discipline Middle School / High School

PHYSICAL Harm to another's body or property		EMOTIONAL Harm to another's self-esteem		SOCIAL Harm to another's group acceptance	
Behaviors	Consequences	Behaviors	Consequences	Behaviors	Consequences
Taunting, Expressing physical superiority, Making threatening gestures, Defacing property Pushing/shoving Taking small items	1st: Administrative Conference to Detention. 2nd: Detention to 1 day ISS. 3rd: Upto 2-5 days ISS	Insulting remarks Calling Names Teasing about possessions, clothes, Insulting gestures	1st: Administrative Conference to Detention. 2nd: Detention to 1 day ISS. 3rd: Upto 2-5 days ISS	Gossiping Starting/Spreading rumors, Teasing publicly, Passively not including in group, Playing mean tricks	1st: Administrative Conference to Detention. 2nd: Detention to 1 day ISS. 3rd: Upto 2-5 days ISS
Inappropriate touching, Threatening physical harm, Damaging property, Stealing, Initiating fights, Scratching, Tripping, Assaulting	1st: Upto 5 days ISS or 1-10 days OSS 2nd: Upto 10 days OSS 3rd: Upto 180 days OSS	Insulting family Harassing with phone calls, Insulting intelligence, athletic ability, etc. Defacing school work Falsifying school work Defacing personal property	1st: Upto 2 days ISS 2nd: Upto 2- 5 days ISS 3rd: Upto 5 days ISS or 1-5 days OSS	Increasing gossip/rumors, Undermining other relationships, Making someone look foolish, Excluding from the group	1st: Upto 2 days ISS 2nd: Upto 2- 5 days ISS 3rd: Upto 5 days ISS or 1-5 days OSS
Making graphic or violent threats, Practicing Extortion, Making threats to secure silence: "If you tell, I will... ", Destroying Property, Biting, Assaulting with a weapon	1st: Upto 5 days ISS or 1-10 days OSS 2nd: Upto 10 days OSS 3rd: Upto 180 days OSS	Frightening with phone calls, Challenging in public, Destroying personal property	1st: Upto 2 days ISS 2nd: Upto 2- 5 days ISS 3rd: Upto 5 days ISS or 1-5 days OSS	Threatening total group exclusion, Insulting race, Arranging public humiliation, Total group rejection/ostracizing	1st: Upto 2 days ISS 2nd: Upto 2- 5 days ISS 3rd: Upto 5 days ISS or 1-5 days OSS

* Consequences for each offense will include parent contact and possible juvenile office / public safety referral.

* These guidelines have been established, final decision will be based on administrator discretion.

* Consequences after 3rd Offense of any level will include upto 180 days OSS and parent conference with administration

Student & Parent Resources

stopbullying.gov

[Home](#) Warning Signs for Bullying

Warning Signs for Bullying

There are many warning signs that may indicate that someone is affected by bullying—either being bullied or bullying others. Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.

It is important to talk with children who show signs of being bullied or bullying others. These warning signs can also point to other issues or problems, such as depression or substance abuse. Talking to the child can help identify the root of the problem.

Signs a Child Is Being Bullied

Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs.

Some signs that may point to a bullying problem are:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, [feeling sick or faking illness](#)
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

If you know someone in serious distress or danger, don't ignore the problem. [Get help right away.](#)

Signs a Child is Bullying Others

Kids may be bullying others if they:

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worry about their reputation or popularity

Why don't kids ask for help?

Statistics from the [2012 Indicators of School Crime and Safety - PDF](#) show that an adult was notified in less than half (40%) of bullying incidents. Kids don't tell adults for many reasons:

- Bullying can make a child feel helpless. Kids may want to handle it on their own to feel in control again. They may fear being seen as weak or a tattletale.
- Kids may fear backlash from the kid who bullied them.
- Bullying can be a humiliating experience. Kids may not want adults to know what is being said about them, whether true or false. They may also fear that adults will judge them or punish them for being weak.
- Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- Kids may fear being rejected by their peers. Friends can help protect kids from bullying, and kids can fear losing this support.

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REPORTING BULLYING TO PARENTS

Children frequently do not tell their parents that they are being bullied because they are embarrassed, ashamed, frightened of the children who are bullying them, or afraid of being seen as a "tattler." If your child tells you about being bullied, it has taken a lot of courage to do so. Your child needs your help to stop the bullying.

WHAT TO DO IF YOU SUSPECT YOUR CHILD IS BEING BULLIED?

If your child shows any of the above signs, this does not necessarily mean that he or she is being bullied, but it is a possibility worth exploring. What should you do? Talk with your child and talk with staff at school to learn more.

Talk with your child. Tell your child that you are concerned about him or her and that you'd like to help. Here are some questions that can get the discussion going:

- "I'm worried about you. Are there any kids at school who may be picking on you or bullying you?"
- "Are there any kids at school who tease you in a mean way?"
- "Are there any kids at school who leave you out of things on purpose?"
- "Do you have any special friends at school this year? Who are they? Who do you hang out with?"
- "Who do you sit with at lunch/on the bus?"
- "Are there any kids at school who you really don't like? Why don't you like them? Do they ever pick on you?"

Talk with staff at your child's school. Call or set up an appointment to talk with your child's teacher. He or she will probably be in the best position to understand the relationships between your child and peers at school. Share your concerns about your child and ask the teacher such questions as:

- "How does my child get along with other students in his/her class?"
- "With whom does he/she spend free time?"
- "Have you noticed or have you ever suspected that my child is bullied by other students?"

Give examples of some ways that children can be bullied to be sure that the teacher is not



focusing only on one kind of bullying (such as physical bullying). Ask the teacher to talk with other adults who interact with your child at school (such as the music teacher, physical education teacher or bus driver) to see if they have observed students bullying your child. If you are not comfortable talking with your child's teacher, or if you are not satisfied with the conversation, make an appointment to meet with your child's guidance counselor, and/or principal to discuss your concerns. If you obtain information from your child or from staff at your child's school that leads you to believe he or she is being bullied, take quick action. Bullying can have serious effects on children. If, after talking with your child and staff at his or her school, you don't suspect that your child is being bullied, stay vigilant to other possible problems that your child may be having. A number of the warning signs above (e.g., depression, social isolation, loss of interest in school) may be signs of other serious problems. Share your concerns with a counselor at your child's school.

WHAT TO DO IF YOU ARE CERTAIN YOUR CHILD IS BEING BULLIED

- I. Focus on your child. Be supportive and gather information about the bullying.
 - Never tell your child to ignore the bullying. What the child may "hear" is that you are going to ignore it. If the child were able to simply ignore it, he or she likely would not have told you about it. Often, trying to ignore bullying allows it to become more serious.
 - Don't blame the child who is being bullied. Don't assume that your child did something to provoke the bullying ("What did you do to aggravate the other child?")
 - Listen carefully to what your child tells you about the bullying. Ask him/her to describe who was involved and how each bullying episode played out.
 - Learn as much as you can about the bullying tactics being used, and when and where the bullying happened. Can your child name other children or adults who may have witnessed the bullying?
 - Sympathize with your child. Tell him/her that bullying is wrong and that you are glad he/she had the courage to tell you about it. Ask what he/she thinks can be done to help. Assure him/her that you will think about what needs to be done and you will let him/her know what you are going to do.
 - If you disagree with how your child handled the bullying situation, don't criticize him/her.
 - Do not encourage physical retaliation ("Just hit them back") as a solution. Hitting



- another student is not likely to end the problem, and it could get your child suspended or expelled.
- Check your emotions. A parent's protective instincts stir strong emotions. Although it is difficult, a parent is wise to step back and consider the next steps carefully.
2. Contact your child's teacher and/or principal. Parents are often reluctant to report bullying to school officials, but bullying probably won't stop without the help of adults at your child's school. Keep your emotions in check. Give factual information about your child's experience of being bullied—who, what, when, where, and how. Emphasize that you want to work with the staff at school to find a solution to stop the bullying, for the sake of your child as well as others.
- Do not contact the parents of the student(s) who bullied your child. This is usually a parent's first response, but sometimes it makes matters worse. School officials should contact the parents of the child or children who did the bullying.
 - Expect the bullying to stop. Talk regularly with your child and with school staff to see if the bullying has stopped. If the bullying persists, contact school authorities again.
3. Help your child to become more resilient to bullying from others.
- Help to develop your child's talents and positive attributes. Doing so may help your child be more confident among his/her peers.
 - Encourage your child to make contact with friendly students in class. Your child's teacher may be able to suggest students with whom your child can make friends, spend time, or collaborate on work.
 - Help your child meet new friends outside of the school environment. A new environment can provide a "fresh start" for a child who has been bullied over and over by classmates.
 - Teach your child safety strategies. Teach him/her how to seek help from an adult when she/he feels threatened. Talk about whom she/he should go to for help and rehearse what to say. Assure your child that reporting bullying is not the same as tattling.
 - Ask yourself: Is my child being bullied because of a learning difficulty or a lack of social skills? If your child is hyperactive, impulsive or overly talkative, the child who bullies may be reacting out of annoyance. This doesn't make the



bullying right, but it may help to explain why your child is being bullied. If your child easily irritates people, seek help from a counselor so that your child can better learn the informal social rules of his/her peer group.

- Home is where the heart is. Make sure your child has a safe and loving home environment where he/she can take shelter, physically and emotionally. Keep the communication lines open!

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Snyder, J. M. (February, 2003) *What Parents Can Do About Childhood Bullying*. Schwab Learning Center, (www.schwablearning.org) Charles and Helen Schwab Foundation. <http://www.schwablearning.org>

What Parents Should Know about Bullying (2002). Prevention Child Abuse America Publication. South Deerfield, MA. (1-800-835-2671).

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This fact sheet adapted from *Take a Stand, Lend a Hand, Stop Bullying Now*, a project of the Health, Resources and Services Administration of the U.S. Department of Health and Human Services at <http://www.stopbullying-now.org> and reprinted with permission.

Get Help Now

HelpChat Line
About Bullying And Cyberbullying
Digital U.
Educators Page
Parents Page
What Kids And Teens Can Do About Sexual Harassment

About Bullying And Cyberbullying

What is Bullying?
The Issue Of Bullying
The Effects Of Bullying
Why Do Kids Bully?
Have You Witnessed Bullying?
Are You Being Bullied? How to Deal with Bullies
Are You A Bully?
What You Can Do
Suicide Is Not The Answer - Save A Life
Bullying Bystanders... Become Upstanders
Bullying in Schools Change Your School Community
STOMP Out Bullying™ Online Student Participation Toolkit
Resources

Are You Being Bullied? How to Deal with Bullies

Bullying Hurts

Being a victim of any kind of bullying feels really bad and it's important for you to know two things:

You're NOT alone
It's NOT your fault

So now that you know that, here's how you can STOMP Out Bullying™:

How to Deal With Bullies: What to Do



IF

you're being bullied there's a lot you can do. While different tactics work for different people, the first thing you should do is try to work it out yourself.

Depending on how bad the bullying is (and as long as you don't feel at risk, scared or physically threatened) you might want to try and work it out yourself - as a first step.

The more empowered you are, and the more you can help yourself, the better chance you have to stop the bully.

Forms of Bullying

LGBTQ Bullying

Bullying and Hazing

Bullying and Sports

Don't Be Cyberbullied

Bullying and Cyberbullying Statistics

When Bullying and Cyberbullying Become A Crime

Harassment and Teen Dating Violence

Sexting

What Have I Ever Done To You?

If the bully doesn't change their behavior, that's when talking to someone else can be really helpful.

The bully wants you to react. Their goal is to take away your power, make you sad and scared. And if you show them you are not sad and scared, they will often lose interest and they cannot take away your power.

Remember they want to upset you constantly so you get angry. If you don't get angry, the bully will lose their *own* power.

Remember that bullies are human - they eat, sleep and live just like you do. The only difference is that you are NOT a bully! Bullies act the way they do because they lack the attention or parental love and nurturing that you have. They are insecure and bully only to feel powerful.

Bullies look for a reaction from you and often lose interest if they aren't given the satisfaction of getting one.

If You Feel Safe, Here Are Some Ways To Handle The Bully:

- Walk away when the bully approaches you. Try and imagine you're walking away from a stranger. Both you and your body language will show you don't care.
- Concentrate on thinking about something else (maybe a concert you want to go to, or a new outfit you want to buy.)
- When the bully approaches you, count to 100 and keep walking. They'll never see how upset you are.
- Yelling STOP and walk away. Keep walking and don't turn around no matter what they say.
- When a bully calls you a name or tells you your sneakers are ugly -- look at them in the eyes and laugh hysterically and say, "I know my sneakers are ugly." Keep laughing hysterically and walk away without any additional conversation
- When the bully harasses you and calls you names, look them in the eyes, LAUGH and walk away without any additional conversation.

Some great comeback lines against bullies are:

- Whatever!
- Do you feel better now?
- If you're talking about me behind my back, clearly my life is a lot more interesting than yours is!
- Let's move on!
- You finally found something funny to say?
- I'm not sure why you keep saying these things about me, but I don't care.
- Be really cool and stop this!
- Enough!
- Why are you talking to me?
- Here we go again. This is boring. Let me know when you're done.
- I've been called worse from better.
- Wow, did you come up with that all by yourself?
- Pardon me, but you seem to think that I care.

Just Walk Away from the Bully

Once you give your comeback line --- IT'S SO IMPORTANT to just walk away and keep walking! Do not react or respond. That's what the bully wants!

When you walk away you're taking away the bully's power!

Stay Positive

It can be hard to remember all your good points when someone is doing their best to be negative. However, try to think of all the things you do well and remember that you are a valuable person. Thinking of how bad the bully must be feeling may also help you to stay positive.

Picture Your Bully Like This...

Picture your bully standing on their head with their body stretching - almost as if they were standing in front of a distorted mirror like the kind you see at a carnival. Listen to

their voice as comes out all distorted and warbled. And they've turned yellow with pink stripes. Now who's laughing?

Build An Armored Shield Around You

Visualize a tall armored shield. Build that shield around you and when it's up, imagine all the things the bully is saying bouncing off that armored shield.

Be Confident

Bullies usually pick on people that they think are weaker than they are, so stand up to them. You might be scared but if you keep standing up to them they'll stop.

Other ways to conquer your bully and throw them off track:

- By loudly saying "leave me alone"
- Say something funny
- Look them in the eye and be nice to them

Keep out of the bully's way

If you are afraid of your bully avoid places where your bully hangs out, or take a different route to school. If the bully doesn't see you, they can't bully you.

Use The Buddy System Against Bullies

Bullies feel empowered to bully one person, but rarely will they bully a group. Hang out with your friends. If the bully does feel like conquering the group, walk away.

If after using these tactics and the bullying doesn't stop, it may be time to ask for help. Don't be afraid to let someone know that you are being bullied. There are people who care about you and will help you.

Get Help - Tell An Adult About the Bully

It may seem scary to tell someone but, telling will not only get you help, it will make you feel less afraid. If you are being physically bullied and are in danger you must speak with a trusted adult immediately. And if you can't go to your parents,

seek out a trusted teacher guidance counselor or school psychologist.

If you've told a grown-up before and they haven't done anything about it, tell someone else. Tell them exactly what happened, who did the bullying, where and when it happened, how long it's been happening to you, and how it's making you feel. When you tell your teacher, guidance counselor or school psychologist, ask them what they will do to help stop the bullying. It is their job to help keep you safe. Most adults really care about bullying and will do everything they can to help you. Keep telling until someone does help you!

[If you are being bullied online ...](#)

NEVER RESPOND

This could actually make the bullying worse. Immediately tell your parents or a trusted family member. Have your parents block all communications from this person. Be sure to save evidence of the cyberbullying. If you get a nasty e-mail, print it out or save it so that you can show it to an adult.

[While you should never respond to cyberbullying, \(this includes cyberbullying you by text, email or instant messaging – save the texts, emails or instant messages for proof in case you need it\) -- it's great if you can be brave and courageous and show the bully you just don't care.](#)

What NOT To Do If You Are Bullied

DO NOT...

- Think it's your fault. Nobody deserves to be bullied!
- Fight back or bully a person back
- Keep it to yourself and just hope the bullying will "go away." Make sure you report the bullying.
- Skip school or avoid school or afterschool activities because you're afraid of the bully
- Don't be afraid to tell. Telling is NOT tattling! It's the right thing to do!

- Hurt yourself. Nothing is that hopeless that it can't be resolved. As painful as bullying is, NOTHING is ever that bad that you should hurt yourself in any way.

Your Rights Against Bullies

NO MATTER, you deserve to feel safe. Everyone has the right to live in a safe and violence free atmosphere both at home and at school.



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Get Help Now

HelpChat Line
About Bullying And Cyberbullying
Digital U.
Educators Page
Parents Page
What Kids And Teens Can Do About Sexual Harassment

About Bullying And Cyberbullying

What is Bullying?
The Issue Of Bullying
The Effects Of Bullying
Why Do Kids Bully?
Have You Witnessed Bullying?
Are You Being Bullied? How to Deal with Bullies
Are You A Bully?
What You Can Do
Suicide Is Not The Answer - Save A Life
Bullying Bystanders... Become Upstanders
Bullying in Schools Change Your School Community
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Resources

Bullying Bystanders... Become Upstanders

Bystanders are kids and teens who witness bullying and cyberbullying in action, who stand by and watch, who videotape it and make it viral ... and WHO DO AND SAY NOTHING.

Very often bystanders don't know what to do. They're afraid of retaliation or fear that their own group will exclude them for helping an outsider.

When you're a bystander it's important to know that **by doing nothing you are sending a message to the bully that their behavior is acceptable.**

It isn't!

And that's not a message you want to send, nor is it a message you would want someone to send if you were a victim.

Yes, it is scary to directly confront a bully and sometimes it can mean taking a big risk.

STAND UP!

Whether you know the victim or not, there are things that you as a bystander can safely do to support the victim:

- Don't laugh
- Don't encourage the bully in any way
- Don't participate
- Stay at a safe distance and help the target get away
- Don't become an "audience" for the bully
- Reach out in friendship
- Help the victim in any way you can
- Support the victim in private

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What Have I Ever Done To You?

- If you notice someone being isolated from others, invite them to join you
- Include the victim in some of your activities
- Tell an adult

There is strength in numbers. Every school and every community has more caring kids than bullies.

Becoming an Upstander looks like this:

- Taking action by telling the bully to stop
- Taking action by getting others to stand up to the bully with them
- Taking action by helping the victim.
- Taking action by shifting the focus and redirecting the bully away from the victim
- Taking action by telling an adult who can help

Being an Upstander:

- **Takes courage** - Telling a friend who is bullying to stop is hard. They may be mad at you. But at least you won't feel guilt for being silent and allowing the bullying to continue. And you will be doing your friend a huge favor in the end by helping them stop really hurtful behavior.
- **Takes action** - Doing something that does not support the bullying can be a really small intervention with big results! Two words - "That's bullying" - can open others eyes to recognize the problem.
- **Takes assertiveness** - Telling a friend how their behavior makes you feel and how it affects others requires being able to use your voice!
- **Takes compassion** - Upstanders have the gift of compassion. They recognize when someone is hurt and take steps to help.
- **Takes leadership** - Upstanders are leaders in their social group, helping others to recognize ways to get along and be supportive to others.

If you are NOT part of the solution, you ARE part of the problem!

Unite, be empowered and speak out against bullying and cyberbullying!

Be an ally online as well as in person!

Together, you can STOMP Out Bullying – but only if you do something!

When you see someone being bullied and/or cyberbullied and you help them ... you stop being a bystander and become an upstander!

STAND UP for others! Be a Hero! Be a leader and STOMP Out Bullying!

It's up to you ... It's up to all of us! You can change anything you want -- Why not STAND UP and change the way bullies treat their targets! Be kind and be an UPSTANDER! You change the way your peers are treated.



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