

# Bullying Prevention



# How do you know it's bullying?

According to the Texas Education Code, bullying can look like any of the following:



1.) physically harms another student, damages a student's property, or places a student in fear of harm



2.) is severe, persistent, or pervasive enough to create an intimidating, threatening or abusive educational environment for the victim



3.) disrupts the educational process or orderly operation of a classroom or school



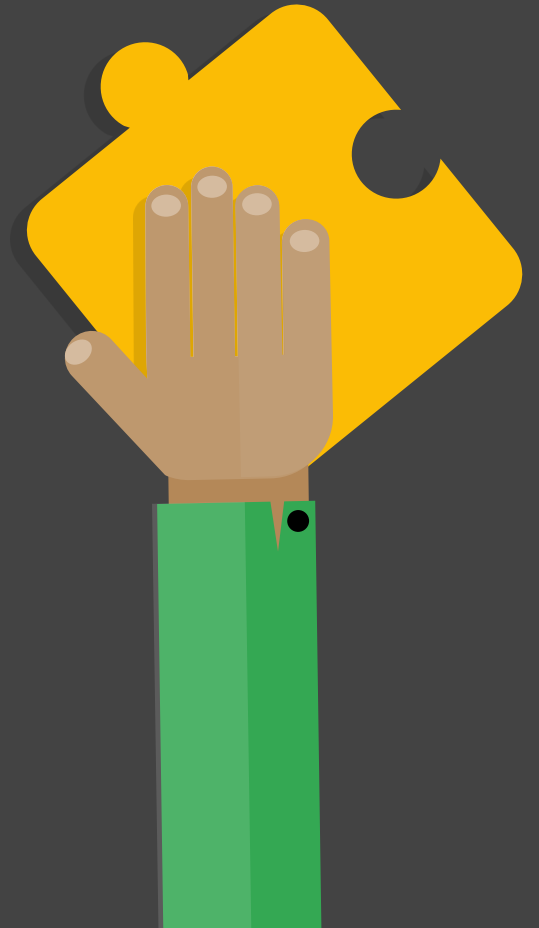
4.) infringes on the rights of the victim

# Conflict vs. Bullying



- Equal power
- Disagreement or agreement where both parties are involved
- Maybe it is accidental
- If asked to stop, the other person would listen
- Effort to come to a resolution

- Imbalance of power
- One person intends to harm or humiliate the other
- On purpose
- The aggressor (bully) does not consider the target's (victim's) feelings and will not stop
- No attempt to resolve



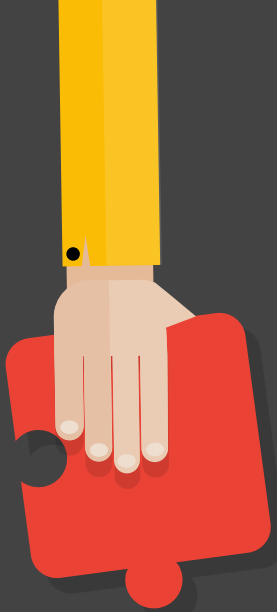
# What can I do if I am experiencing bullying?



- Tell a trusted adult
- Ignore the bully and walk away
- Walk tall and hold your head high
- Don't get physical
- Try to talk to the bully
- Practice confidence
- Talk about it
- Find your friends

# Different Forms of Bullying Behavior

Verbal	Physical	Social	Cyber
<ul style="list-style-type: none"><li>● Insults</li><li>● Teasing</li><li>● Intimidation</li><li>● Threats</li></ul>	<ul style="list-style-type: none"><li>● Hitting</li><li>● Tripping</li><li>● Kicking</li><li>● Pushing</li><li>● Property damage</li></ul>	<ul style="list-style-type: none"><li>● Spreading rumors</li><li>● Exclusion</li><li>● Humiliation</li><li>● Embarrassing someone in public</li></ul>	<ul style="list-style-type: none"><li>● Abusive, hurtful, threatening texts, emails, posts, images or videos</li><li>● Gossip or rumors</li><li>● Imitating others online or using their login</li></ul>



# Be an Upstander, not a *Bystander*

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 OR SAY NOTHING.

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.**

## STAND UP!

Yes, it can be scary to directly confront a bully and sometimes it can mean taking a big risk. But there are things that you can do *safely* to support the person being bullied.



# How to be an Upstander

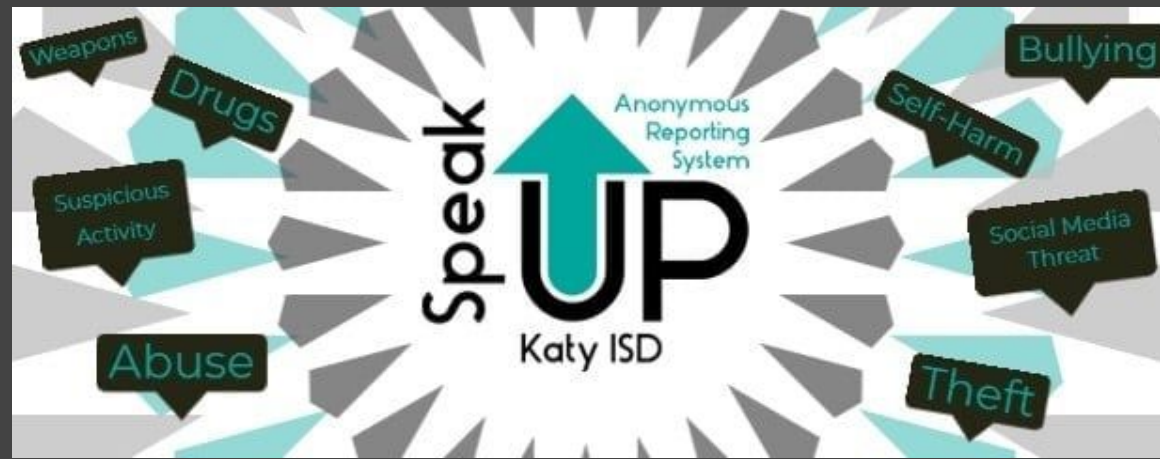
- Take bullying seriously!
- Treat others with respect and kindness
- Don't laugh
- Don't encourage the bully in any way
- Don't participate
- Stay at a safe distance and help the victim get away
- Don't become an "audience" - Don't give the bully the attention
- Reach out in friendship
- Help the victim in any way you can
- If you notice someone being isolated or excluded, invite them to join you
- Include the victim in something you do or enjoy
- Tell an adult

# Tattling vs. Reporting

Tattling	Reporting
<ul style="list-style-type: none"><li>• You are trying to get someone in trouble</li><li>• You can handle the situation yourself</li><li>• Harmless situation - no person or property is at risk of being harmed</li><li>• Behavior is accidental</li><li>• NOT important</li></ul>	<ul style="list-style-type: none"><li>• You are trying to keep someone safe</li><li>• You need adult help - This is not something you can handle yourself</li><li>• Harmful situation - dangerous or threatening, something or someone is at risk of being harmed</li><li>• Behavior is purposeful</li><li>• Important - needs to be addressed by an adult</li></ul>







SpeakUP is the Katy ISD phone app/website for anonymous tips and reports.

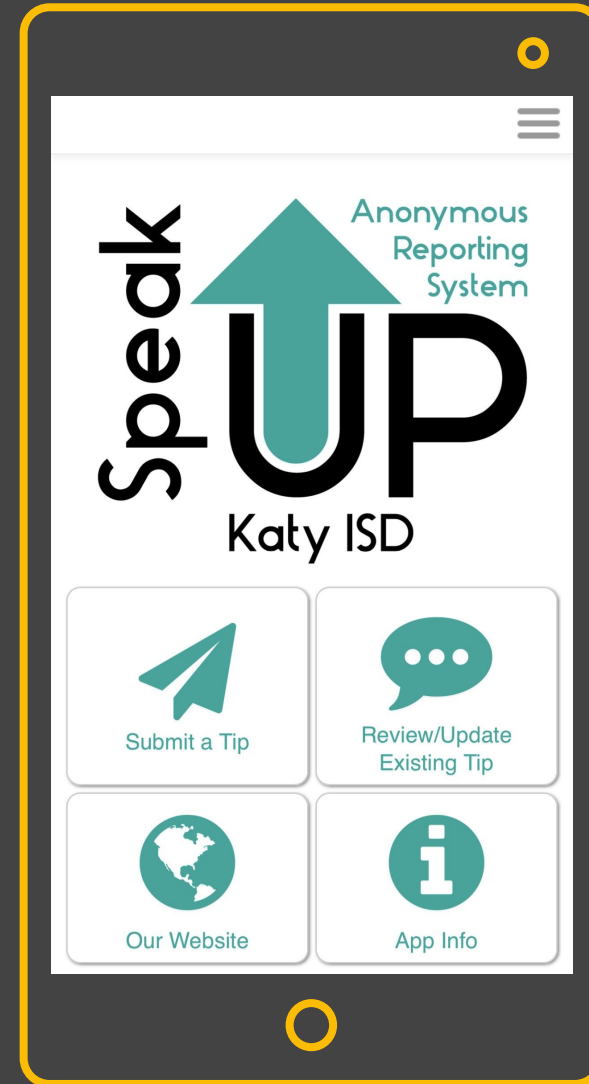
Tips may include:

- Bullying
- Weapons
- Suicide or Self-harm
- Drug use
- Violence
- Other concerns for safety



# Using the SpeakUP App:

- Download the SpeakUP app on your phone
- Report things that concern you – Be sure to include details!
- Check back in the app to see if your report received a response





**Thank you from your Cardiff  
Counseling Team!**