

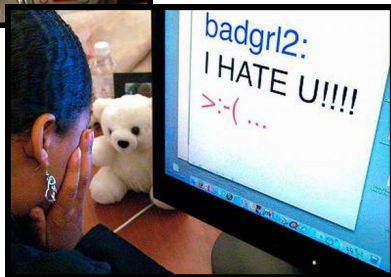
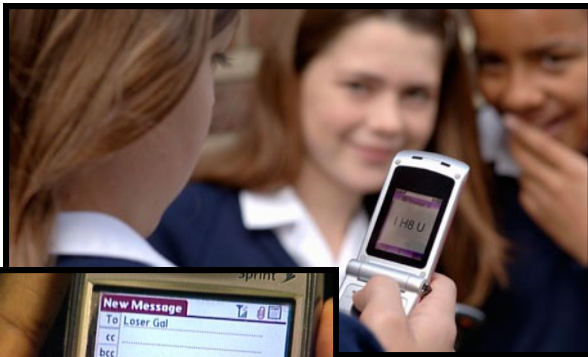
Cyber Bullying

Cyber bullying is (but is not limited to) any act of bullying committed by use of electronic technology or electronic communication devices, including telephone devices, social networking and other sources of internet communications, on school computers, networks, forums and mailing lists or other district-owned property, and by means of an individual's personal electronic media equipment.

Cyber Bullying Safety Information

- Never give out or share personal information.
- Don't believe everything you read.
- If someone treats you in a rude or mean manner online, don't respond.
- Never send emails to others when you are angry.
- Never open a message from someone you don't know.
- If it doesn't "feel right," it probably isn't.
- If you are a victim, don't keep it to yourself. Tell an adult you know and trust.
- Do not reply to messages from cyber bullies.
- Do not erase or delete messages from cyber bullies. Keep them as evidence.
- Don't be ashamed. It is not your fault.

A Student's Guide to Bullying Prevention



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Bullying

Bullying may occur when a student or group of students engages in any form of behavior that includes acts of intimidation and/or harassment that:

- Has the effect of physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm or damage to property.
- Is sufficiently severe, persistent or pervasive that the action, behavior or threat creates an intimidating, threatening, or abusive environment in the form of physical or emotional harm.
- Occurs when there is a real or perceived imbalance of power or strength.
- May constitute a violation of the law.



Bullying Prevention Strategies:

1. STOP Tell the person to stop the behavior
2. WALK Walk away from the situation
3. TALK Talk to an adult

If you are in any physical danger, walk away and contact an adult immediately.

If you are the target:

- Don't react
- Agree with the comment to stump the bully
- Distract the bully by changing the subject
- Laugh or joke about the bully's comment
- Stay away from the bully
- Complete a Bullying Incident Report from your teacher or principal

If you are the bystander:

- Invite the target to leave with you
- Tell the bully to stop!
- Report the information to an adult
- Complete a Bullying Incident Report from your teacher or principal

How do I report bullying?

- Tell any teacher, principal, guidance counselor or any staff member on campus.
- Tell parents or a family member.
- Tell any adult you know and trust.
- Complete a Bully Incident Report Form and return to your school's front office.
- Call the Peoria Unified School District's **Safe School Line** at [623-486-6199](tel:623-486-6199).



Resources

- [Bullies are a Pain in the Brain](#) by Trevor Romain
- [Bully on the Bus: The Decision is Yours](#) by Carl W. Osch
- [Don't Pick on Me: How to Handle Bullying](#) by Rosemary Stokes
- [I Am Special](#) by Max Lucado
- [Just Kidding](#) by Trudy Ludwig
- www.stompoutbullying.org