

## What is Bullying/Harassment?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

### Types of Bullying/Harassment

Verbal bullying is saying or writing mean things. Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking/pinchinck,
- Spitting
- Tripping/pushing

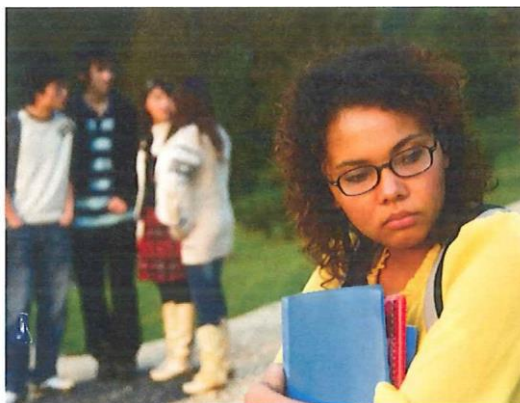
- Making mean or rude hand gestures
- Taking or breaking someone's things

## In order to be considered bullying, the behavior must be aggressive and include:

**An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

**Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.



## What is Cyberbullying?

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

### Why Cyberbullying is Different?

Kids who are being cyberbullied are often bullied in person as well. Additionally, kids who are cyberbullied have a harder time getting away from the behavior.

Cyberbullying can happen 24 hours a day, 7 days a week, and reach a kid even when he or she is alone. It can happen any time of the day or night.

Cyberbullying messages and images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source. Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent.

For more information on bullying and bullying prevention please visit the following website:

**WWW.STOPBULLYING.GOV**

**STOP BULLYING**

## What Action Can You Take?

- Write down what happened and when it happened to have a clear record.
- Tell the student you do not like to be treated that way and you want them to stop!
- Talk to your parents, teacher, and school counselor about the bullying or harassment.
- Report inappropriate behavior to your teacher, school counselor, administrator, or have your parent or guardian report it.
- Discuss your feelings with friend, family member, school counselor, or another trusted adult.



## Have I been bullying or harassing others?

- Do I say things that hurt others or make comments that are insulting or embarrassing?
- Do I push, shove, or touch people in a way that makes them feel uncomfortable or pressure them to do something they don't want to do?
- Would I say or do the same things in front of a parent, teacher, or others I respect?

## If YOU witness bullying or harassment...

- Don't laugh or encourage the bullying or harassment.
- Tell the person that you don't think it is funny, or right.
- Get help for the victim of the bullying or harassment.
- Report what you saw or heard to your teacher, counselor, or administrator.

## Attention Parents & Guardians

Please help your children understand the serious nature of bullying and harassment. It is the policy of the School District of Clay County that all of its students and school employees have an educational setting that is safe, secure, and free from harassment and bullying of any kind. The School Board will not tolerate bullying and harassment of any kind. A serious charge of bullying and harassment will subject the offender to disciplinary action consistent with School Board policy and the Code of Student Conduct (See Level III and IV). Additional information can be found on the School Board's website at:

[WWW.ONECLAY.NET](http://WWW.ONECLAY.NET)

Resources for parents and students regarding bullying and harassment as well as the Code of Student Conduct are found under the "PARENTS AND STUDENTS" tab in the middle of the webpage.

## Bullying/Harassment

"When Child's Play is Not O.K."  
*A policy handout for students and their parents.*



Addison Davis, Superintendent

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