IF YOU ARE BULLIED
*Tell the person who is bullying you to STOP!
*Get HELP Immediately. Tell your parents, teacher, counselor, or principal. Reporting is not tattling or snitching.
*Do not fight back physically.
*Be proud of who you are.
*Be strong. Do not show anger or fear. Students that bully like to see that they can upset you.
*Keep safe. Avoid situations and people where bullying happens.
*Avoid areas where there are not many students or teachers around
*Sit with a group of friends at lunch
*Take different routes through hallways and walk with friends to your classes.
*Get involved. Join clubs, organizations, student groups that promote safety and respect.
*Start a club or an anti-bullying campaign to promote peace and tolerance.
*Never share your personal information or give your password to friends.

IF YOU WITNESS BULLYING..
If safe, stand up. It only takes one person to make a difference. You can say, “Stop, don’t bother him.” or you could redirect the situation by saying, “Let’s go, the teacher is coming.”

Don’t join in. If you see someone being bullied, don’t join in. If the bully tries to get you to help, say no, and walk-away.

Stop the rumors. Don’t spread rumors. You don’t want anyone talking about you, so don’t do it to someone else! If someone gossips to you, let it end with you—don’t pass it on to others. You can even tell that person you’re not interested.

Tell an adult. Don’t be a bystander and watch while someone is being hurt. Tell an adult about the situation. It’s not tattling or snitching to keep some-one safe. You can ask the adult to keep your identity private.

Be a friend. Help the person who was bullied and make sure he or she is okay. Encourage him or her to talk to an adult. You can also invite that person to join you for lunch or other things.
Lee Public Schools has developed the Bullying Plan with the ideals that the community, families and school personnel have come to expect from their most cherished commodity. The plan serves as a community guide to the activities, curriculum and training the District is or will commit to the intervention and prevention of bullying. The School District realizes it must be partners with the community, parents and students to continue our mission of a safe and respectful environment so our young people can grow, aspire, and achieve.

**BULLYING FACTS**

**What is Bullying?**
A student is bullied or victimized when he or she is exposed, repeated it and over time, to negative actions on the part of one or more other students...Bullying is a negative action when someone intentionally inflicts, or attempts to inflict injury or discomfort on another. (Olweus)

- Physical - hitting, kicking, shoving, spitting, hair pulling, strangling, etc.
- Verbal - taunting, teasing, name calling, threatening, hate speech
- Emotional - rejection or exclusion of others, rumors, gossip, forcing others to do things
- Cyber - bullying - using internet, e-mails, IMs, text messages, social networking sites

**Why do kids Bully?**
- To gain a sense of power
- To win recognition and status from peers
- May have the victim of bullying
- Poor role models/learned behavior
- Because they see others doing it
- To make themselves feel stronger, smarter or better than others
- High self-esteem/inflated ego or low self-esteem/poor social skills

**What LPS Will Do:**
- Foster a school climate that discourages bullying
- Establish and communicate rules and sanctions
- Intervene quickly and consistently when bullying incidents occur
- Model desired attitudes and behaviors
- Teach students how to ask for help and how to report
- Educate parents about bullying and involve them in prevention efforts
- Increase supervision where bullying may occur

**What Parents Can Do**
- Talk about what bullying means
- Be a positive role model
- Take an interest in a child’s school work and activities
- Reinforce positive behaviors
- Spend time talking and listening to children
- Stay in touch with your child’s teacher
- Accept help from the school
- Report bullying to the school