

What can Parents do . . .



Talk with your child. Do not ignore the problem and hope it will go away.

Contact the school immediately. Work with the teachers and administrators. They're there to help.

Encourage peaceful solutions. Be a good role model. Do not coach your child in becoming violent.

Empathize with your child. Tell him or her that it is not their fault, and that you're glad he or she had the courage to talk to you.

Work together to find peaceful solutions. Ask your child what he or she thinks can be done to help.

Contact law enforcement if the aggressive behavior is criminal and appears to be escalating.

Be persistent. If the bullying continues or escalates, contact appropriate people again. Don't give up.

Cyber - bullying



- Tell your child not to respond to or forward inappropriate messages or images.
- Block and report the cyberbullying by contacting your service or telephone provider



- Contact law enforcement if threats are made.

STUDENT RESPONSIBILITY



Students shall take responsibility for helping to create a safe school environment:

- Be Safe
- Be Respectful
- Be Responsible

Students violating the policy may be subject to consequences, including, but not limited to suspension, expulsion and/or arrest.



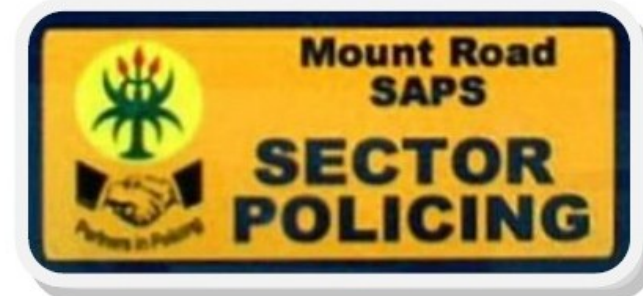
MOUNT ROAD SAPS, 1-9 LENOX STREET,
MOUNT CROIX, PORT ELIZBETH, 6001,

PLEASE CALL 10111 IN CASE OF AN EMERGENCY

TOGETHER WE STAND UP AGAINST BULLYING!



YOU CAN MAKE A DIFFERENCE





What is **BULLYING**?

Bullying is any deliberate action that inflicts physical or psychological harm. The behavior must be unwanted, severe or pervasive, and interfere with access to education. Bullying includes:

VERBAL

Making derogatory comments, teasing, or name calling

PHYSICAL

Hitting, kicking, punching, spitting, or shoving

SEXUAL

Humiliating someone because of their sex, gender or sexual orientation (gay, lesbian, questioning, transgender)

CYBERBULLYING

Sending or posting hurtful or embarrassing e-mails, images, on the internet, via text, or other electronic device or on social networking sites (e.g., Facebook, Twitter, etc.)

SOCIAL

Spreading rumors, isolation, social exclusion, leaving people out, or forcing people to do things they don't want to do.

Bullying is hurtful and wrong. It can destroy lives!



Stand up to bullies

~~RIGHT BACK!~~

Don't let them control you.

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.

SPEAK UP!



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 someone 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.

