

STOP BULLYING

STAND UP. SPEAK OUT.

WHAT KIDS CAN DO

Treat Everyone with Respect

Nobody should be mean to others.

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

What to Do If You're Bullied

There are things you can do if you are being bullied:

- Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too.

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults aren't around.

Protect Yourself from Cyberbullying

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.

- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
 - Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
 - Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
 - Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.
 - Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.
- #### Stand Up for Others
- When you see bullying, there are safe things you can do to make it stop.
- Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.
 - Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at

Bullying stops us from being who we want to be, and prevents us from expressing ourselves freely, and might even make us feel unsafe. If you are bullied, say something! If you are bullying, it's not cool!

I might be being bullied

- SPEAK UP: If you feel uncomfortable with the comments or actions of someone... tell someone! It is better to let a trusted adult know, than to let the problem continue.
- Get familiar with what bullying is and what it is not. If you recognize any of the descriptions, you should stay calm, stay respectful, and tell an adult as soon as possible.
- If you feel like you are at risk of harming yourself or others get help now!

Someone is bullying me online or via text message

- Remember, bullying does not only happen at school. It can happen anywhere, including through texting, the internet and social media.
- Learn more about cyberbullying and how to respond if it is happening to you.

I don't get bullied, but my friend does

- Learn how you can be more than a bystander.



lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.

Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.

Get Involved

You can be a leader in preventing bullying in your community.

- Find out more about where and when bullying happens at your school. Think about what could help. Then, share your ideas. There is a good chance that adults don't know all of what happens. Your friends can go with you to talk to a teacher, counselor, coach, or parent and can add what they think.
- Talk to the principal about getting involved at school. Schools sometimes give students a voice in programs to stop bullying. Be on a school safety committee. Create posters for your school about bullying. Be a role model for younger kids.
- Write a blog, letter to the editor of your local newspaper, or tweet about bullying.

WHAT IS CYBERBULLYING?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

The most common places where cyberbullying occurs are:

Social Media, such as Facebook, Instagram, Snapchat, and Twitter

SMS (Short Message Service) also known as Text Message sent through devices

Instant Message (via devices, email provider services, apps, and social media messaging features)

Email

SPECIAL CONCERNS

With the prevalence of social media and digital forums, comments, photos, posts, and content shared by individuals can often be viewed by strangers as well as acquaintances. The content an individual shares online – both their personal content as well as any negative, mean, or hurtful content – creates a kind of permanent public record of their views, activities, and behavior. This public record can be thought of as an online reputation, which may be accessible to schools, employers,

colleges, clubs, and others who may be researching an individual now or in the future. Cyberbullying can harm the online reputations of everyone involved – not just the person being bullied, but those doing the bullying or participating in it. Cyberbullying has unique concerns in that it can be:

Persistent – Digital devices offer an ability to immediately and continuously communicate 24 hours a day, so it can be difficult for children experiencing cyberbullying to find relief.

Permanent – Most information communicated electronically is permanent and public, if not reported and removed. A negative online reputation, including for those who bully, can impact college admissions, employment, and other areas of life.

Hard to Notice – Because teachers and parents may not overhear or see cyberbullying taking place, it is harder to recognize.

LAWS AND SANCTIONS

Although all states have laws requiring schools to respond to bullying, many states do not include cyberbullying under these laws or specify the role schools should play in responding to bullying that takes place outside of school. Schools may take action either as required by law, or with local or school policies that allow them to discipline or take other action. Some states also have provisions to



address bullying if it affects school performance. You can learn about the laws and policies in each state, including if they cover cyberbullying.

FREQUENCY OF CYBERBULLYING

The 2015 School Crime Supplement indicates that, nationwide, about 21 percent of students ages 12-18 experienced bullying.

The 2017 Youth Risk Behavior Surveillance System (Centers for Disease Control and Prevention) indicates that an estimated 14.9 percent of high school students were electronically bullied in the 12 months prior to the survey.

CYBERBULLYING TACTICS

It is important to understand how children are cyberbullied so it can be easily recognized and action can be taken. Some of the most common cyberbullying tactics include:

Posting comments or rumors about someone online that are mean, hurtful, or embarrassing.

Threatening to hurt someone or telling them to kill themselves.

Posting a mean or hurtful picture or video.

Pretending to be someone else online in order to solicit or post personal or false information about someone else.

Posting mean or hateful names, comments, or content about any race, religion, ethnicity, or other personal characteristics online.

Creating a mean or hurtful webpage about someone.

Doxing, an abbreviated form of the word documents, is a form of online harassment used to exact revenge and to threaten and destroy the privacy of individuals by making their personal information public, including addresses, social security, credit card and phone numbers, links to social media accounts, and other private data.

Viral Tactics: Examples

Because cyberbullying can happen in different ways, examples based on real-life experiences can provide a deeper understanding of the tactics typically used. Along with other risk factors, bullying can increase the risk for suicide-related behaviors. Furthermore, cyberbullying can be relentless, increasing the likelihood of anxiety and depression. Some states have chosen to prosecute young people who bully for criminal harassment, including encouraging someone to die by suicide. Some forms of cyberbullying are forms of harassment that cross the line into criminal activity, and some tactics occur in dating relationships and can turn into interpersonal violence.

The stories below are examples of different cyberbullying tactics that could happen. In reality, with the right interventions, cyberbullying can be addressed positively to lessen harm and the negative outcomes that could result. When not addressed, cyberbullying can have long-term mental health effects. Cyberbullying and bullying can negatively impact the lives of all who are involved.

Nude photo sharing

A teenage girl sent a nude photo of herself to her boyfriend while they were dating. After they broke up, he shared the photo with other children, who then called her hurtful, derogatory names via text and social media.

Lies and false accusations

A group of students got into trouble at school for being drunk, and accused a girl who knew nothing about it of reporting them to school officials. They began texting her day and night, and posted hateful, derogatory messages on social media. Other students saw their messages and joined in harassing the girl. She

was bullied constantly via text, and in person at school. She eventually shut down her social media accounts and changed her phone number. Still, the bullying at school continued.

Bullied for being economically challenged

Students posted mean, negative comments on another classmates' social media account, commenting on his clothes and sneakers, which were not the more expensive name brands most of them were wearing. They ridiculed him, calling him "poor" and continued the bullying in school. The boy missed many days of school trying to avoid the harassment and embarrassment.

False identity profile, sometimes referred to as a "Sockpuppet"

A girl's classmate created a fake social media account in a boy's name, and began an online relationship with her. Though she had not met him in person, the girl divulged personal information about herself and her family to this "boy." The classmate who created the fake account then shared the personal information with other children, who used it to bully, shame, and harass the girl.

Encouraging self-harm or suicide

A young boy with a physical disability and scars on his face was harassed on social media and via text by other students. They called him derogatory names, told him he'd be better off dead. They wrote "why don't you die?" on his school locker and encouraged him to take his own life.

Bullied for being gay

A teenage boy who was openly gay began receiving death threats via phone, text, and social media for being gay. Students created an anti-gay social media group and harassed him, posting hateful messages about him.

Jealousy bullying

A teenage girl was harassed by other girls in her class for dating a very popular boy. The girls sent her hateful messages via text and social media, and wrote derogatory messages on her school locker.

Doxing Over Online Gaming

A teenage boy posted comments on a public gaming forum, expressing his dislike of certain game features and tactics. Another user disagreed with him in the forum, then searched for the boy's information online and posted his address, email address, and social media links in another comment. The boy then received multiple emails and messages from strangers threatening to come to his home and assault him, and to block him from games.



BULLYING

It doesn't have to be a part of growing up!

Bullying is a serious and growing issue that affects many children and adolescents in our community. Kids who are bullied often experience anxiety, depression and social withdrawal, and as a result, are more at risk to self-harm and even commit suicide. Bully victims are between 2 to 9 times more likely to consider suicide than non-victims.

Bullying is defined as **being exposed repeatedly and over time to negative actions from one or more other persons**. According to statistics by ABC News, nearly 30% of students are either bullies or victims of bullying, and 160,000 kids stay home from school every day because of fear of bullying.

TYPES OF BULLYING

- **Physical:** hitting, kicking, pushing, etc.
- **Verbal:** name-calling or making fun of someone
- **Emotional:** excluding, starting rumors, or publicly bullying someone or using language, pictures or gestures to make someone uncomfortable
- **Cyber:** using technology such as texting or the Internet to bully someone

Unity Day - Wednesday October 24, 2018

If you care about safe and supportive schools and communities, wear orange on Unity Day. On this day, everyone can come together—in schools, communities, and online— and send one large ORANGE message of support, hope, and unity. Together we can unite against bullying!

RPC
Regional Prevention Center
Comprehend, Inc.

731 Kenton Station Road
Maysville, KY 41056
606-759-7799



HOW TO PREVENT BULLYING: HOW ADULTS CAN HELP

Parents, school staff, and other caring adults have a role to play in preventing bullying. They can:

Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.

Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.

Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.

Model how to treat others with kindness and respect.

Help Kids Understand Bullying

Kids who know what bullying is can better identify it. They can talk about bullying if it happens to them or others. Kids need to know ways to safely stand up to bullying and how to get help.

Encourage kids to speak to a trusted adult if they are bullied or see others being bullied. The adult can give comfort, support, and advice, even if they can't solve the problem directly. Encourage the child to report bullying if it happens.

Talk about how to stand up to kids who bully. Give tips, like using humor and saying "stop" directly and confidently. Talk about what to do if those actions don't work, like walking away.

Talk about strategies for staying safe, such as staying near adults or groups of other kids.

Urge them to help kids who are bullied by showing kindness or getting help.

Keep the Lines of Communication Open

Research tells us that children really do look to parents and caregivers for advice and help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:

— What was one good thing that happened today? Any bad things?

— What is lunch time like at your school? Who do you sit with? What do you talk about?

— What is it like to ride the school bus?

— What are you good at? What would do you like best about yourself?

Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise. Start conversations about bullying with questions like these:

— What does "bullying" mean to you?

— Describe what kids who bully are like. Why do you think people bully?

— Who are the adults you trust most when it comes to things like bullying?

— Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?

— What do you think parents can do to help stop bullying?

— Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?

— What do you usually do when you see bullying going on?

— Do you ever see kids at your school being bullied by other kids? How does it make you feel?

— Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

— There are simple ways that parents and caregivers can keep up-to-date with kids' lives.

Read class newsletters and school flyers. Talk about them at home.



Check the school website

Go to school events

Greet the bus driver

Meet teachers and counselors at "Back to School" night or reach out by email

Share phone numbers with other kids' parents

Teachers and school staff also have a role to play.

Encourage Kids to Do What They Love

Help kids take part in activities, interests, and hobbies they like. Kids can volunteer, play sports, sing in a chorus, or join a youth group or school club. These activities give kids a chance to have fun and meet others with the same interests. They can build confidence and friendships that help protect kids from bullying.

Model How to Treat Others with Kindness and Respect

Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.

YOU can make a difference SAY NO TO BULLYING



VERBAL



PHYSICAL



CYBER

Stand Up for Others

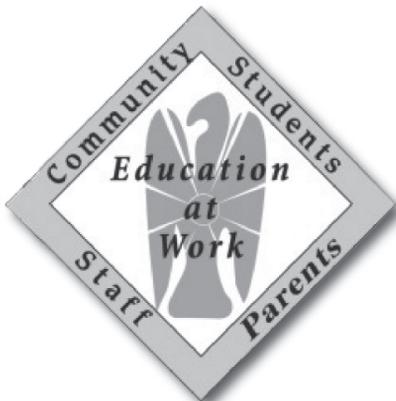


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RULH Middle School

RULH High
 1317 South 2nd St.
 Ripley, OH
 937-392-4384



RULH High School

RULH Schools
 502 South 2nd St.
 P.O. Box 85
 Ripley, OH
 937-392-4396

RESPOND TO BULLYING

STOP BULLYING ON THE SPOT

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. There are simple steps adults can take to stop bullying on the spot and keep kids safe.

DO:

- Intervene immediately. It is ok to get another adult to help.
- Separate the kids involved.
- Make sure everyone is safe.
- Meet any immediate medical or mental health needs.
- Stay calm. Reassure the kids involved, including bystanders.
- Model respectful behavior when you intervene.

AVOID THESE COMMON MISTAKES:

- Don't ignore it. Don't think kids can work it out without adult help.
- Don't immediately try to sort out the facts.
- Don't force other kids to say publicly what they saw.
- Don't question the children involved in front of other kids.
- Don't talk to the kids involved together, only separately.
- Don't make the kids involved apologize or patch up relations on the spot.

GET POLICE HELP OR MEDICAL ATTENTION IMMEDIATELY IF:

- A weapon is involved.
- There are threats of serious physical injury.
- There are threats of hate-motivated violence, such as racism or homophobia.
- There is serious bodily harm.
- There is sexual abuse.
- Anyone is accused of an illegal act, such as robbery or extortion — using force to get money, property, or services.

STAND TOGETHER & STOP BULLYING



Mason County Schools
WE CAN END
BULLYING