Bullying Information and Assignment for Elementary Students 4th – 6th Grades

**What is it?**

Definition of bullying: an overt, unwanted, repeated act or gesture, including written or verbal communications or images transmitted in any manner, physical acts, or any other behaviors that are committed by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the other targeted student and create for the targeted student an objectively hostile school environment.

In school, that means to your fellow students, teachers, or staff. It is against school policy, and also may violate state or federal laws.

**Why do we care?**

Our school system is committed to providing a safe place in which to learn. Bullying may affect a student physically, mentally, or emotionally, and create an unsafe, uncaring environment in which to learn.

**How will I know what is or isn’t bullying?**

There are different forms of bullying, and these guidelines will help you to recognize bullying behavior.

Bullying is defined as unfair and one-sided. It happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose.

**Gender/Ethnic/Religious/Disability/Height/Weight Bullying**

1. *Verbal:*

Making written or spoken comments, jokes, insults, threats, or unkind remarks regarding a person’s gender (boy or girl), national origin (where they are from), religious beliefs, disability (physical, emotional, or mental), or their height or weight all fall under the definition of bullying (including on phones and social media).

2. *Non-verbal:*

Bringing to or making in school insulting objects or pictures, or making insulting or threatening gestures or sounds. Non-verbal can also mean excluding someone because of a person’s gender (boy or girl), national origin (where they are from), religious beliefs, disability (physical, emotional, or mental), or their height or weight all fall under the definition of bullying.

3. *Physical:*

Threatening to or actually carrying out insulting or threatening actions such as hitting, hissing, or spitting.

**Sexual Harassment (Bullying)**

1. *Verbal:*

Making written or spoken sexual or suggestive comments, jokes of a sexual nature, sexual propositions, or threats.

2. *Non-verbal:*

Bringing to, or making in, school sexually suggestive objects or pictures, or making sexually suggestive or insulting gestures, sounds, leering or whistling.

3. *Physical:*

Threatening to or actually carrying out unwanted touching pr physical contact such as patting, pinching, pushing, or kissing.

**What should I do if I think someone is harassing or bullying me?**

If you feel safe, assertively tell the person to stop and that their behavior is bullying. Then, tell a teacher or staff member immediately, and that person will help to decide what happens next. If you do not feel safe, go immediately to a staff person. All threatening behavior, of any kind, will be dealt with seriously. You have to be honest about the situation, including any part you may have had.

**What happens if I bully someone?**

The consequences for bullying may vary, depending on the situation. Your right to privacy will be respected as much as possible, but witnesses may be contacted. We have a progressive discipline policy, which over time could include the following:

1. Your teacher or a staff member will talk with you about your behavior to make sure you understand and take responsibility for your actions.
2. Your parents will be notified.
3. You will have a conference with the principal to reinforce the above.
4. You may miss recess, lunch, or other fun activities for a period of time.
5. You may have to complete an extra assignment related to bullying and harassment.
6. You may face in-school suspension, suspension, expulsion, or even be subject to criminal charges

If at any time you have questions or concerns, your teachers, the social worker, and principal are always willing to talk about these issues.

**Our School is a Bully-free Zone!**

NAME DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**In your own words, what is bullying?**

**Explain these types of bullying and give examples:**

**1. Verbal**

*Example:*

**2. Non-Verbal**

*Example:*

**3. Physical**

*Example:*

**4. Sexual**

*Example:*

**How do people feel when they are bullied?**

**What will happen to you if you continue to bully others?**

When you take part in any bullying situation, you are part of the problem, not the solution.

In this situation:

What was the bullying action I took part in?

What did I want when I did that?

What are four other things I could have done?

1.

2.

3.

4.

What will I do next time?