

CHELSEA INTERMEDIATE SCHOOL



BULLYING PREVENTION

Chelsea Expectations

At Chelsea School, we strive to be:

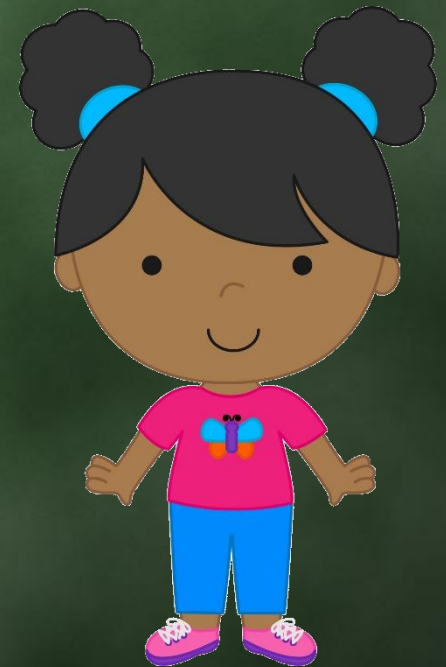
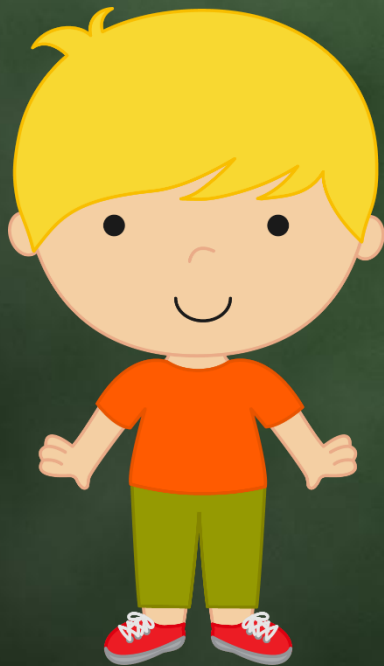
RESPECTFUL
RESPONSIBLE

and

CARING

at all times.

We strive to be bully free!



What is Bullying?

Bullying is when a person is hurt, threatened, or scared over a long period of time.

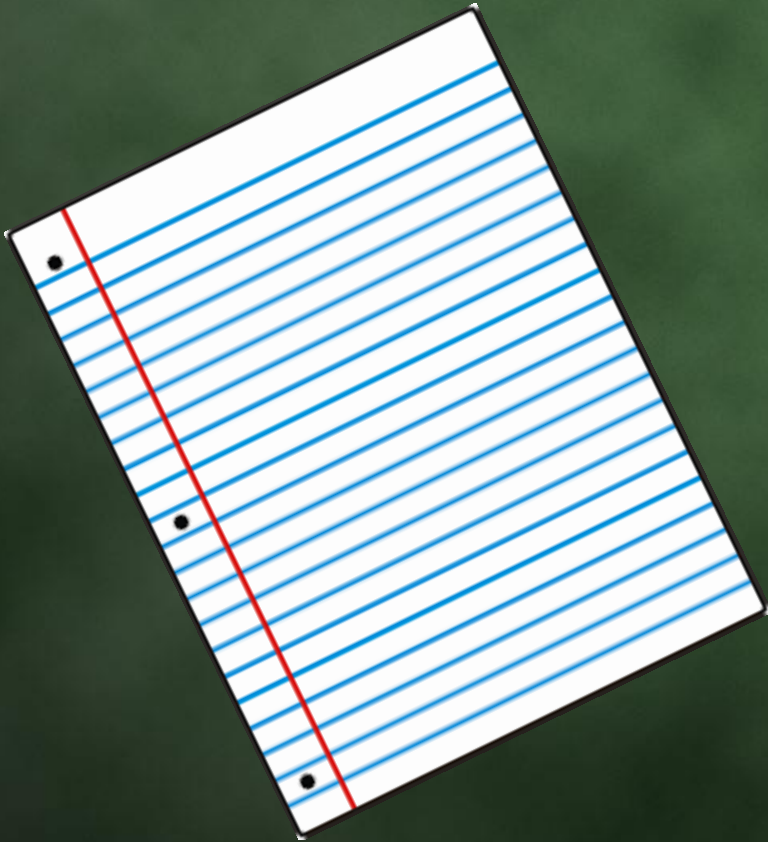
A person can be bullied by one person, or by a group of people.

What does bullying look like?

Bullying takes place over an extended period of time, and can take many forms:

- Name calling
- Teasing
- Ignoring someone
- Leaving someone out of groups and games
- Telling lies or spreading rumors
- Making threats
- Stealing
- Physical contact (hitting, kicking, etc.)

What happens to those who are bullied?



Know the Difference!

Bullying is...	Bullying is NOT ...
A pattern of name calling or teasing over time	A disagreement between classmates or friends
Threats or intimidation	A single incident of teasing, fighting, or name calling
A pattern of physical violence (hitting, kicking, etc.)	Accidentally hurting someone
Disrespectfully refusing to join a game or group, or preventing others from joining.	Someone respectfully choosing not to join a game or group
Disrespectfully refusing to invite someone into a game or group, or preventing others from inviting someone.	Someone respectfully chooses not to invite someone into a game or group

What can I do to prevent bullying?

- **Think before you act!** How will my actions and words affect others?
- Be a friend! Use **caring** words and actions.
- Show **respect** for others, even when you don't like what they say or do.
- Help others when they are in need. Be an **UPSTANDER**, not a bystander!

What is an Upstander?

An upstander is someone who does not stand by and allow bullying!

An upstander does ...	An upstander does NOT ...
Show support for the person being bullied	Encourage a bully by laughing or smiling
Ask the bully to stop their hurtful behavior	Become an audience for a bully
Report bullying to a trusted adult	Join in the bullying activities
Invite the victim of bullying to be a part of his/her group	Consider a bully a friend

What should I do if I'm being bullied?

Report it to an adult you trust – your parents, Dr. Nepote, Ms. Newcomb, or your teacher. We love you and we are here to help!



How do I report bullying?

If you or someone you know is being bullied, you can report it by:

- Asking to speak to a trusted adult in private. Your parents and teachers are here to help!
- If you don't want to talk, write a note or send an email to an adult you trust.
- Fill out a bullying report on the Chelsea School webpage.