

## CASTLE PARK MIDDLE SCHOOL

### NO BULLYING POLICY

#### BULLYING IS REAL! BULLYING IS WRONG!

You might think bullying happens only to little kids. The truth is that being a bully or being bullied has no age limit.

Bullying is mean, cruel, and disrespectful. It's NO WAY to treat anyone.

Being a bully or being bullied are not "just natural parts of growing up." Putting others down or hurting them, or not feeling safe because of what someone is doing to you, is not healthy.

#### WHY DO PEOPLE BULLY?

- They want to hurt others
- They like to make fun of people who are different
- They like to feel powerful
- They're trying to move attention away from themselves
- They think it's funny and no big deal

#### BULLYING CAN INCLUDE:

- Hurtful words
- Cruel jokes or tricks
- Verbal threats, mean looks or rude gestures
- Pushing, hitting, and pinching
- Making people do things they don't want to do
- Picking on or ganging up on someone
- Ignoring or leaving people out
- Writing nasty notes
- Starting rumors

#### WHAT DOES BULLYING AND PEER ABUSE HAVE TO DO WITH ME?

**You must report bullying!! If you're not sure it's bullying—report it! You are mandated to report any type of bullying.**

You're a victim if someone bullies you. You need to get help by reporting it to your teacher, assistant principal or other staff member. You're a bystander if you see someone being bullied. You need to help the victim get help by reporting it. You need to show others that bullying is unacceptable.

You're a bully if you make fun of, put down, or deliberately hurt someone. Ask someone you trust to help. It takes courage to stop being a bully!!

#### **Bullying is not tolerated**

#### WHAT YOU CAN DO ABOUT BULLYING & PEER ABUSE

##### As a Teen...

- Know your school rules. Know your rights and responsibilities about bullying, harassment, and hazing.
- Show others that you think bullying is NOT OK.
- Get help if you are bullied or see someone being bullied.

##### As a Parent

- Notice and talk about changes in your teen's behavior
- Notice when your teen's actions or words seem disrespectful of others
- Know the rules at your teen's school about bullying, harassment, and hazing

##### As a Family

- Stop bullying acts in your family
- Notice put-down humor in TV shows or music

#### PEER ABUSE / BULLYING WILL NOT BE TOLERATED.

Students and parents will be accountable for this behavior. Possible consequences include "O Class," Saturday School, suspension, expulsion, and arrest.

**REPORT ANY BULLYING AND PEER ABUSE TO: BULLYING HOTLINE: (619) 498-5552, THE BULLY BOXES IN THE OFFICE, LIBRARY AND ROOM 601. YOU CAN ALSO ALWAYS REPORT BULLYING TO YOUR TEACHER, COUNSELOR, ASSISTANT PRINCIPAL, AND/OR ANY STAFF MEMBER IMMEDIATELY**