

Stop It!

What to do when you hear or see bullying...

- Immediately stop the bullying. – Stand between the students, blocking eye contact. Don't try to get information.
- Use a firm tone, letting the students know the school's policy against bullying.
- Support the bullied child that allows him or her to "save face" and to feel safe from retaliation. Increase supervision to ensure that bullying is not repeated.
- Include bystanders in the conversation. Let them know how they can help next time.



Stop It! (continued)

- Do not require students to meet and "work things out." Since there is a power imbalance, this strategy will not work.
- Refer the students to the Principal of your school, who will document the incident and determine the consequences.
- Let the student know that you are a resource for her and that you plan to "check in" with them in two to three days and beyond.

Websites:

stopbullyingnow.hrsa.gov

<https://www.girlshealth.gov/>

Bullying:

What Teachers Need to Know



Madison County Public Schools

60 School Board Court
Madison, VA 22727

540-948-3780

Bullying

affects all of our children...

Let's be – BULLY FREE!!!



Madison Takes a Stand

Bullying affects the climate of our schools in a negative way. Students who are bullied are less likely to have positive school experience and are more likely to do poorly academically. Even more importantly, the effects of bullying tend to last far beyond the high school years. People who are bullied tend to have more anxiety and depression, as well as an increased risk of having problems with family and relationships.

Madison County Public Schools is taking a stand against bullying! We want our schools to be safe places, where students are able to learn without the distractions of bullying. In order for this to happen, we all must work together.

What Can I Do?

2. **LEARN** – Familiarize yourself with bullying, the warning signs and affects.
3. **IT'S SERIOUS** – Make sure your students know that you take bullying very seriously and that it's not allowed in your classroom or a school.
4. **INTEGRATE** – Integrate bullying prevention themes across the curriculum. Visit the websites on the back of this brochure for ideas.
5. **SUPERVISE** – Closely supervise students and be watchful for possible signs of bullying among students in your class. Remember that students are often reluctant to report bullying, and it is sometimes difficult to detect.
6. **ACTION** – Take immediate action if you observe or suspect bullying. (See the "Stop It!" section of this brochure)

Warning Signs

The following are warning signs that a student in your class may be bullied:

- Has unexplained cuts, bruises and scratches
- Has few, if any friends in class
- Seems afraid of coming to school, riding the bus, or taking part in organized activities with peers
- Has lost interest in school work or suddenly begins to do poorly in school
- Appears sad, moody, teary or depressed
- Avoids less structured activities, such as lunch, recess or PE
- Complains frequently of headaches, stomachaches or other physical ailments

While these signs alone do not mean that a child is definitely being bullied, they are "red flags," indicating that more research needs to be done.

If you have a child in your class displaying one or more of these symptoms, it might be time to have a talk with him or her. If the child does not give you much information, observe to make sure that the child is not a victim of bullying.