

# Types of Behavior

- ▶ **Rude Behavior:** When someone says or does something unintentionally hurtful and they do it one time. This is usually spontaneous and unplanned. Based on thoughtlessness and poor manners. Example: Saying something like "your hair doesn't look as good today as it did the other day when you actually straightened it." or "you wear too much make up."
- ▶ **Mean Behavior:** When someone says or does something intentionally hurtful and they do it one time. (Maybe twice) This is usually done in anger. Examples:" Are you seriously wearing that sweater again?"  
"Your fat/ugly/stupid etc. I hate you! You stink!"

# Types of Behavior

- ▶ **Conflict:** When two or more people fight, argue, disagree. This can happen more than one time. It is hurtful and done on purpose. All parties are equally involved and there is an equal balance of power. Examples: Two people were friends and now they are not and are being mean to each other, Two people fighting on the bus.
- ▶ **Bullying:** Repeated, unwanted, aggressive/ hurtful behavior that is done on purpose. The intent is to hurt and/or humiliate. This is one sided and the victim feels helpless/hopeless to stop the aggressive behavior. There is an imbalance of power. There is a clear victim. Bullying can be physical, verbal, social (Lying and spreading rumors, trying to destroy someone's reputation, encouraging others to exclude the person) and cyber bullying.

# Strategies and tips for dealing with rude / mean behaviors or conflict

- ▶ **Strategies and tips for dealing with rude/ mean behaviors or conflict**
- ▶ 1. Ignore, act like you don't care ( with bullying this will not work, again bullies won't stop usually with out adult intervention and consequences)
- ▶ 2. Let the other person know you want to work it out. Say, "I don't want to argue or fight with you."
- ▶ 3. Don't name call or keep the conflict going by retaliating.
- ▶ 4. Stay calm and try to talk it out.

# Strategies and tips for dealing with rude / mean behaviors or conflict

- ▶ 5. Listen to the other person's point of view. Remember there is always two sides to every conflict. You may not know the whole story.
- ▶ 6. Stand up for yourself/tell the other person how they made you feel.
- ▶ 7. Agree to disagree.
- ▶ 8. Don't sweat the small stuff, think about how big is this problem.

# Strategies and tips for dealing with rude / mean behaviors or conflict

- ▶ 9. Realize everyone can have a bad day, don't take it personally.
- ▶ 10. Don't make assumptions about what is happening. Know the facts.(I think they are talking about me/ they are rolling their eyes at me/they are looking at me)
- ▶ 11. Walk away/don't engage if the other person isn't calm or doesn't want to work it out.
- ▶ 12. Get adult help once you have tried to solve the problem on your own. Conflict is a part of life and we all need to learn how to deal with conflict peacefully.

# Strategies/Tips to deal with a bully

- ▶ 1. Tell an adult. Bullies want power and control over the victim and getting the bully to stop the behavior can be difficult for the victim to do on their own.
- ▶ 2. Stand up for yourself. Bullies seek out people they think will be an easy target. Be brave/confident in dealing with the bully. Look them in the eyes( direct eye contact lets the bully know you are not afraid.) Use a firm voice when speaking, don't be afraid to raise your voice to get an adult's attention.
- ▶ 3. Tell the bully to stop/ leave you alone.
- ▶ 4. Avoid the bully, the bully can't bully you if they can't find you or don't know where you are. Stay near trusted adults or peers that you know will have your back. Unfollow/block the bully on all social media. Save messages if you can and give them to a trusted adult. Walk away if you can, you don't have to stay and listen to someone put you down.

# Strategies/Tips to deal with a bully

- ▶ 5. Don't believe what the bully says about you, remember they are trying to hurt and control your emotions. Don't name call or bully back. Never cry in front of the bully. This is what they want and they won't feel sorry for you. This will give them the power and control that they are seeking.
- ▶ 6. Try using humor, make the bully laugh.
- ▶ 7. Stay in a group, there is safety in numbers. It is easy for a bully to pick on one person, but harder to pick on a group of people.
- ▶ 8. If you witness bullying behavior tell an adult what you saw or heard.

# Strategies/Tips to deal with a bully

- ▶ 9. If you witness bullying behavior, stand up for the victim. Try to get the victim away from the bully. This takes away the bully's power. If you witness and do nothing the bully will think you approve and will become more powerful and a bigger problem. If you are afraid to say something to the bully on the victim's behalf, still tell an adult right away.
- ▶ 10. Don't suffer in silence, that is exactly what the bully wants to happen. Tell someone.
- ▶ 11. Reporting bullying to someone at school is not ratting someone out or being a tattletale. It is helping to create a culture where bullies will not be tolerated and it could literally save someone's life.



# Reporting Bullying / Harassment

To implement this policy and to address the existence of harassment, intimidation, or bullying in the schools, the following procedures shall be followed:

- ▶ Students must report acts of harassment, intimidation, or bullying to teachers, district employees, and/or school administrators; (Formal or In-Formal)
- ▶ Parents or guardians of students should file written reports of suspected harassment, intimidation, or bullying with the building principal or other appropriate administrator;
- ▶ Teachers and other school staff who witness acts of harassment, intimidation, or bullying or receive student reports of harassment, intimidation, or bullying shall notify school administrators;
- ▶ School administrators shall investigate and document any written complaints of harassment.
- ▶ A more formal description of Formal / In-Formal complaints are BOE Policy 9.29