

Bully Bully Go Away...

Many times we think that bullies will go away. However, it is very important to help children understand that bullying may get worse if the correct steps are not taken. Bullying can come in many forms and many times it is dismissed as “kids being kids”. But, bullying can be very hurtful and may even affect a child’s desire to come to school and/or desire to go out and play in the neighborhood. Bullying can be name calling, tripping another person intentionally, or spreading rumors to name a few forms. By using the Four S.T.A.R. Steps listed below, one can help to protect themselves from bullies.



Stick together -- students must do the right thing no matter who is bullied. Bullying is *everybody's* problem, not just the kids who are bullied.

Tell the bully to stop -- especially when *someone else* is being bullied. Most bullying has bystanders -- make sure you're an *upstander* who does the right thing.

Alert an adult at school and home -- especially bullying that happens in places where there aren't many adults watching -- *bus, recess, hallway, restroom, etc.*

Respect others! Be a friend -- don't deal with bullies by becoming a bully. *Treat others the way you would like to be treated.*

When seeing bullying, it is important for students to both report to staff and parents and not be a bystander allowing mean things to happen to others. Instead be an “upstander” and ask the bully to stop or seek the help of an adult. Bullies will continue until people take actions to correct the situation. In September, each elementary hosted a building assembly entitled Choosey Suzie, who discussed ways to identify and handle a bully. Take a minute and discuss bullying with your child. Open lines of communication at home and at school are a key to keeping bullying away.

