

Things to watch for....

- Unexplained damage or loss of clothing and other personal items
- Evidence of physical abuse, such as bruises and scratches
- Loss of friends
- Reluctance to participate in activities with peers
- Loss of interest in favorite activities
- Unusually sad, moody, anxious, lonely, or depressed
- Problems eating, sleeping,
- Headaches, stomachaches, or other physical complaints
- Decline in school achievement
- Thoughts of suicide

Kindness: Pass it around



What to do if you're bullied....

- Look at the person bullying you and tell him or her to stop in a calm, clear voice.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.


How can you report bullying:

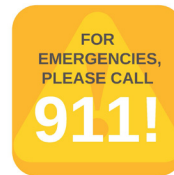
4 EASY WAYS

 <http://1248.alert1.us>

 1248@alert1.us

 360.799.5414

 Text your tips
to 360.799.5414



Tips for Students:

- Stay away from bullies
- Tell someone
- Avoid bad situations
- Make friends
- Project confidence

Bystanders can:

- Speak Up
- Stand Up
- Go tell someone
- Your involvement makes a difference

Staff Training:

- All Staff receive annual HIB training



**Marysville
School District**
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Harassment, Intimidation and Bullying (HIB)



4220 80th Street NE Marysville, WA 98270
360-965-0000

Definition of Harassment, Intimidation and Bullying:

“Harassment, intimidation or bullying” means any intentionally written message or image - including those that are electronically transmitted - verbal, or physical act, including, but not limited to, one shown to be motivated by race, color, religion, ancestry, national origin, gender, sexual orientation including gender expression or identity, mental or physical disability or other distinguishing characteristics, when an act:

- Physically harms a student or damages the student’s property.
- Has the effect of substantially interfering with a student’s education;
- Is so severe, persistent or pervasive that it creates an intimidating or threatening educational environment;
- Has the effect of substantially disrupting the orderly operation of the school.



Conflict vs. Bullying – What’s the difference:

Conflict is a disagreement or argument in which both sides express their views.

- Equal power between those involved
- Generally stop and change behavior when they realize it is hurting someone
- Remorse – take responsibility
- Is a natural part of human relationships

Bullying is negative behavior directed by someone exerting power and control over another person.

- Goal is to hurt, harm or humiliate.
- Person bullying has more power*.
** “Power” can mean the person bullying is older, bigger, stronger, or more popular.*
- Continue behavior when they realize it is hurting someone.
- No remorse – no effort to solve a problem

Bullying occurs in many different forms, with varying levels of severity. It may involve:

- Physical Bullying: poking, pushing, hitting, kicking, beating up
- Verbal Bullying : yelling, taunting, name-calling, insulting, threatening to harm
- Relational Bullying: excluding, spreading rumors, getting other to hurt someone
- Cyberbullying: Sending hurtful messages or images by Internet or cell phone

Kindness: Pass it around



Cyberbullying:

Cyberbullying is a type of bullying that happens online or through text messages or emails.

- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
- Keep your password a secret from other kids. Even kids that seem like a friend, they could give your password away or use it in ways you don’t want.
- Talk with your child about safe and responsible use of the Internet and cell phone, and about the dangers of cyberbullying.
- Most of all encourage them to tell you if they are being cyberbullied or if they know others who are.