What can Parents do . . .

Talk with your child. Do not ignore the problem and hope it will go away.

Contact the school immediately. Work with the teachers and administrators. They can help.

Encourage peaceful solutions. Be a good role model. Do not coach your child in becoming violent.

Empathize with your child. Tell him or her that it is not their fault, and that you're glad he or she had the courage to talk to you.

Work together to find peaceful solutions. Ask your child what he or she thinks can be done to help.

Contact law enforcement if the aggressive behavior is criminal and appears to be escalating.

Be persistent. If the bullying continues or escalates, contact appropriate people again. Don't give up.

CYBERBULLYING

SNAP-OUT BULLYING!
PARK FOREST-CHICAGO HEIGHTS SD#163

👍 "FACE BULLYING...HEAD ON!"

S T U D E N T

RESPONSIBILITY

Students shall take responsibility for helping to create a safe school environment.

Report School Bullying

If you have a bullying concern, please report it to your child's teacher or the school principal. The District also has a Bully Phone Hotline, as well as an online reporting system in place. Please see the information below:

Park Forest – Chicago Heights School District Bully Hotline: (708) 668 – 9638

District Bully Email Reporting:

EMAIL **stopbullying@sd163.com**

Please visit the resource below for more information:

stopbullying.gov

Resources section of the website managed by the U.S. Department of Health & Human Services:
www.stopbullying.gov

PARK FOREST - CHICAGO HEIGHTS SD 163

WE STAND TOGETHER AGAINST *Bullying*

Park Forest – Chicago Heights School District 163

242 S. Orchard Drive

Park Forest, IL 60466

Phone: 708 – 668 – 9400

What is BULLYING?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. **Bullying** includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. **Cyberbullying** can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Additionally, **cyberbullying** includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.
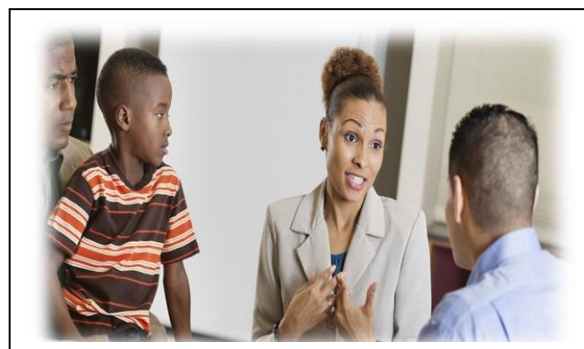
If you are bullied

- Tell the person who is bullying you to STOP!
- Get HELP immediately. Tell your parents, teacher, counselor, or principal. Reporting is not tattling or snitching.
- Do not fight back physically.
- Be proud of who you are.
- Be strong. Do not show anger or fear. Students that bully like to see that they can upset you.
- Keep safe. Avoid situations and people where bullying happens.
  - ➢ Avoid areas where there few students and teachers.
  - ➢ Sit with a group of friends at lunch.
  - ➢ Take different routes through hallways and walk with friends to your classes.
- Join clubs, organizations, student groups that promote safety and respect.
- Start a club or an anti-bullying campaign to promote peace and tolerance.

SPEAK UP!

IF YOU WITNESS BULLYING …

Speak up. Stand up. It takes just one person to start a movement; together we can make a difference. If you see bullying, you can say, "Stop. don't bother him" or redirect the situation by saying, "Let's go! The teacher's coming."

Don't join in. If you see someone being bullied, don't join in. If the bully wants your help, say no, and walk away.

Tell an adult. Don't be a bystander and watch someone being hurt. Tell an adult about the situation.

Stop the rumors. Let the gossip end with you – don't pass it on the others. Tell them you are not interested in gossip.

Be a friend. Help the person who was bullied. Make sure he or she is okay. Encourage him or her to talk to an adult. You can also invite that person to join you for lunch or other things.

You Make a difference.