

---

# John Simatovich Elementary

Leigh A. Barnes, Principal

September 25, 2014

Dear Parents:

In accordance with Public Law 285-2013, a Bullying Prevention Program using age appropriate information will be implemented prior to October 15 in grades Kindergarten through 5<sup>th</sup>.

The law defines bullying as: unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

We will be teaching our students both the definition of bullying and the four types of bullying. Our focus is knowledge and prevention. We ensure that our students are aware of the resources available if they experience or witness bullying. Please see back side of this letter.

As we complete our classes, look for information to come home with your child about the topics that were discussed. Encourage your child to talk about what they learned. Please feel free to contact me with any questions or concerns that you may have.

Sincerely,



Christine Fields  
Home/School Advisor  
219-759-2508  
cfields@union.k12.in.us

# Bullying Definition

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

- An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.
- Any form of bully behavior violates school policy and state law.

## Four Types of Bullying

- **Verbal** bullying is saying mean things. Verbal bullying includes:
  - Teasing
  - Name-calling
  - Inappropriate sexual comments
  - Taunting
  - Threatening to cause harm
- **Social/Relational** bullying involves hurting someone's reputation or relationships. Social/Relational bullying includes:
  - Leaving someone out on purpose
  - Telling other children not to be friends with someone
  - Spreading rumors about someone
  - Embarrassing someone in public
- **Physical** bullying involves hurting a person's body or possessions. Physical bullying includes:
  - Hitting/kicking/pinching
  - Spitting
  - Tripping/pushing
  - Taking or breaking someone's things
  - Making mean or rude hand gestures
- **Electronic or Written Communication** bullying (Cyber Bullying) involving technology or written text. Electronic or Written Communication bullying includes:
  - Use of social networks, e-mail, texting, etc. in place of verbal bullying
  - Individual or Group note writing/pictures

## Bullying Resources

[www.bullying.org](http://www.bullying.org)

[www.no-bully.com](http://www.no-bully.com)

[www.stopbullyingnow.com](http://www.stopbullyingnow.com)

[www.girlsleadershipinstitute.org](http://www.girlsleadershipinstitute.org)