

St. Johns County School District



Bullying Prevention

What You Need to Know



St. Johns County School District takes bullying behavior seriously and has a strong policy prohibiting bullying and harassment. It takes the efforts of parents, children, school staff, and school volunteers to create a positive school climate where all students feel safe and respected – and where bullying isn't tolerated.

District Policy Prohibiting Bullying and Harassment

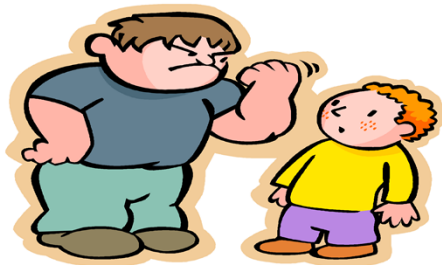
- Know the district policy on bullying and harassment.



Our policy prohibiting bullying and harassment can be found online at the district's Student Services' Safe and Drug-Free Schools webpage and in School Board Rule 3.21.

What is Bullying?

- repeated
- intentional
- imbalance of power



What is Bullying? In general, bullying has 3 characteristics.

First, bullying behavior is not a one-time incident. It is repeated over time.

Second, it is intentional – the bullying student or students know that their behavior is hurting another student.

And lastly, one of the most important characteristics of bullying is that it involves an imbalance of power. Meaning one person does not feel they have the power to defend themselves or make it stop.

Our policy defines bullying as systematically and chronically inflicting physical hurt or psychological distress on one or more students. Bullying is further defined as behavior that is severe or pervasive enough to create an intimidating, hostile, or offense educational environment; cause discomfort or humiliation; or unreasonably interferes with the individual's school performance or participation; and is often characterized by an imbalance of power.

Bullying Can Be

- Physical – some examples include hitting, shoving, pushing, tripping
- Verbal – some examples include name calling, teasing
- Relational – some examples include ignoring someone on purpose or excluding someone from a group
- Cyber – some examples include bullying through email, instant messages, texting, social networking sites, etc.

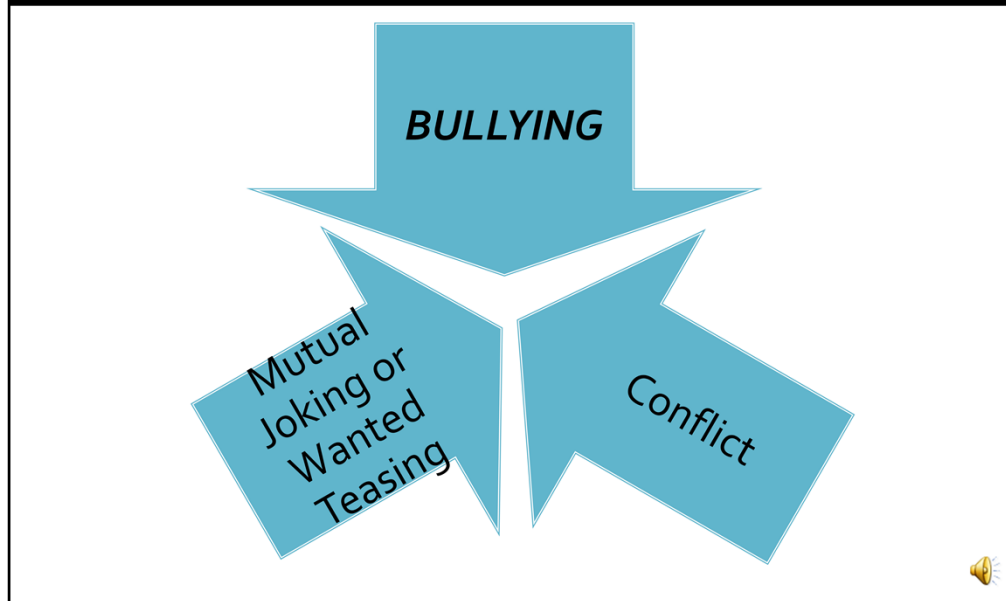


Bullying can take on many forms. For example, it can be physical or verbal.

Relational bullying is less obvious but can sometimes be the most damaging. Relational bullying includes tactics such as leaving someone out on purpose or getting a friend or group of friends to turn on another student.

Cyber bullying uses different types of digital technologies.

How Do They Compare?



Is teasing or conflict considered bullying?

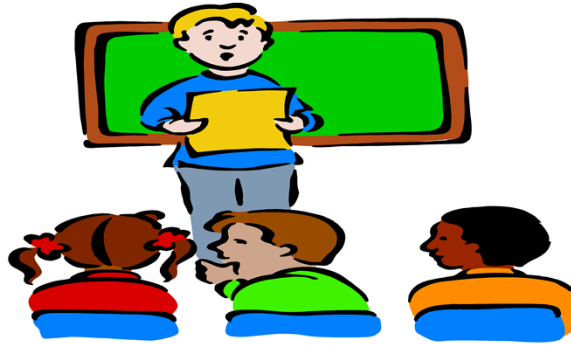
Conflict involves opposition among two or more people. Because there is equal power, conflict can be handled as any misunderstanding.

Mutual Joking or Wanted Teasing is not bullying. When all individuals involved are having fun and feel capable of responding and defending themselves they again have equal power.

Bullying occurs when teasing is done repeatedly and in a mean and hurtful way, whereby one individual feels powerless to respond or to stop what is happening.

Ways You Might Learn of Bullying

- - witnessing
- - receiving a report



There are 2 ways that bullying might be brought to your attention. You may witness bullying yourself. Or you may receive a report of bullying.

Important Do's and Don'ts for Bullying:

- Do report an incident of bullying to school personnel.
- Don't have students "work things out".
 - Conflict resolution is not the correct strategy for bullying situations.



If you witness a bullying incident, it is important that you report the incident to school personnel. For example, this can be the teacher, the guidance counselor, or the assistant principal.

Because bullying includes an imbalance of power, we never ask students to "work things out". Conflict resolution is an appropriate strategy in a conflict or misunderstanding where both students have equal power to discuss their point, but it is not appropriate to use in a bullying situation.

If Bullying is Reported to You:

- take reports seriously
- take time to listen and ask the right questions
- do not blame the victim
- get the specifics of what happened
- reassure the victim
- report the incident



take reports seriously

take time to listen and ask the right questions

do not blame the victim

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reassure the victim

And always Report the incident to a school staff member.

What Else Can I Do?

- Support school efforts.
- Raise awareness.
- Know how to report an incident of bullying.
- Learn more about bullying prevention.



As a school volunteer, always support school efforts that prevent bullying.

Raise awareness by educating others on bullying prevention.

Go to the school district's Safe and Drug-Free Schools website to learn the different ways to report bullying and to find resources to continue to learn more about bullying prevention.