

# BULLY-TIN

HORSE HEAVEN HILLS MIDDLE SCHOOL

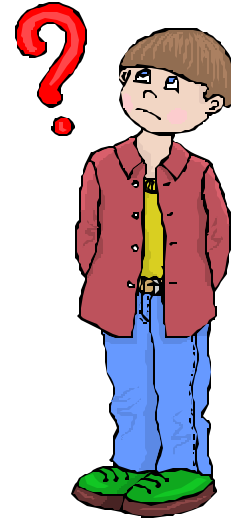
## What's up?

Many adults looking back on school days can remember times when kids were bullied. Bullying has been getting a lot of attention recently, but it's hardly a new problem. Bullies (and their victims) have been around forever.

What's new is our attitude toward bullying. What used to be accepted as 'kids will be kids' has changed. We know now that bullying is serious. Young bullies grow up to be abusive adults. Young victims get hurt. In rare cases, bullying escalates into violence. And it's not just the bullies and victims who are affected. People around them are

distracted, intimidated, and upset. Bullying in the classroom prevents students from learning and teachers from teaching.

Recent legislation requires school policy prohibiting harassment, intimidation, and bullying on school grounds and at school activities. This policy (3207) is available on the Kennewick School District website ([www.ksd.org](http://www.ksd.org)). Bullying, intimidation and harassment are clearly prohibited in the Kennewick School District and disciplinary action could result if students choose to engage in these behaviors.



## What is bullying?

### As defined by state law:

? An intentional written, verbal or physical act against a student which is motivated by the bully's perception of that student's race, color, creed, gender, sexual orientation or other distinguishing characteristics,

? When the intentional act:

- Physically harms a student or damages his/her property;
- Substantially interferes with the student's education;
- Is so severe, persistent or pervasive that it creates an intimidating or threatening

educational environment;

- Or substantially disrupts the orderly operation of a school

Paraphrased from Senate Bill 5528 adopted 03-09-02

## What is bullying?

### Simply stated:

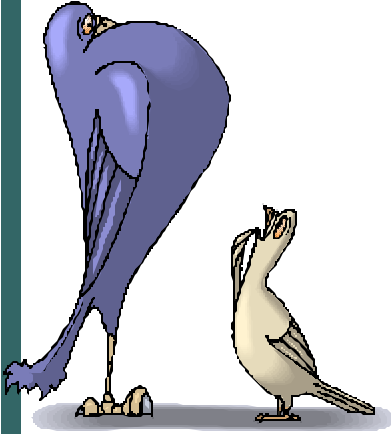
? To intimidate, or subject a person to hostility or ill-treatment.

? When one person picks on, harasses or pesters another.

? Actions which cause another person to feel afraid, humiliated, embarrassed, threatened, or shamed.

? Repeated incidents that create and enforce an imbalance of power.

## How does bullying happen?



Bullying happens in four ways:

### Verbal

Teasing, jokes, ignoring/isolation, gossip, threats

### Physical

Blocking someone's path, physical restraint, pushing/kicking, hazing, hitting

### Sexual

Inappropriate jokes or teasing, touching, slapping, pictures, emails, graffiti, name-calling

### Property

Hiding belongings, theft, arson, extortion, vandalism, destruction

is a "loss" experience. They experience feelings of loss of safety, loss of self-esteem, loss of belonging, and loss of control over their own life. Bullying is not the target's fault. It is not a normal childhood activity or rite of passage.

For the target, bullying

85% of students are neither bullies, nor victims.

## But I'm not a bully...

85% of students are neither bullies, nor victims. They make up the SILENT MAJORITY and they can build positive peer pressure against bullying. Remember, when you don't speak up against something, you're seen as agreeing with it. Bullies enjoy attention and approval from their peers. Bullying

happens because we all allow it to happen. Take a stand. Recognize bullying for what it is. Confront the bully and tell them that you don't appreciate the way they are acting (if you can safely do this). Say something friendly and supportive to the victim to let them know that they aren't alone. Report the incident to an adult.

Talking to an adult is not "tattling"-it is an act of courage, strength and safety. Take a friend with you to make it easier. The biggest difference you can make is to care. By saying or doing nothing, you are saying that it does not matter. Remember, bullying is EVERYONE'S problem.

## How does it work at Horse Heaven Hills?



Harassment and bullying are NEVER OKAY. If the behaviors described sound like you, you need to make changes. If you need help, see a counselor. If you witness bullying or intimidation or when you are a victim of it, you need to report it to

an adult staff member such as a teacher, principal, counselor, or school security person. There is a reporting form available in the office. Telling your parents about it at home is a good way for you to get support but we can't address the issue

at school unless we know about it. Remember, a safe, welcoming school environment is the right and responsibility of everyone in our school. We all need to work together toward this goal.