

# What is Bullying?

In general, bullying has all the following components:

## Hurting someone repeatedly

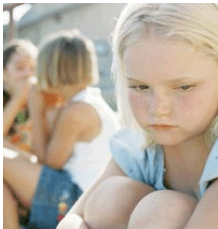
For an incident to be considered bullying, a person has bullied the same student(s) more than once.

## Using power over another

The bully has the power while the person being bullied does not feel that they can do anything about it or make it stop. Bullying is not conflict, where both involved have equal power.

## Being mean on purpose

A student who bullies is trying to intentionally hurt the student he or she is bullying in some way, even after they have been told to stop.



## Bullying is:

1  
2  
3

1. Repeated
2. Imbalance of power
3. Purposeful

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# Bullying

## What Parents Should Know



# A Closer Look at Bullying

**Physical Bullying** is usually the easiest type to spot. It can include:

- Hitting, kicking, scratching, shoving, or tripping
- Taking items such as money or food
- Damaging belongings

**Verbal Bullying** is the most common type. It can include:

- Teasing and taunting
- Name calling
- Spreading rumors

**Social Exclusion** can be subtle. It can include:

- Ignoring or excluding on purpose
- Nasty looks

**Cyberbullying** uses different types of digital technologies. It can include:

- Sending cruel emails, text or instant messages
- Threatening others in an online chat room
- Creating websites meant to damage reputations
- Circulating or posting photos taken from a cell camera without permission

# What To Do If Your Child Is Being Bullied

- First, focus on your child. Be supportive and gather information about the bullying (who, what, where, when). If bullying is done electronically, save the evidence, block the person making the mean comments, and do not reply.
- Contact your child's teacher or principal. He or she will probably be in the best position to understand the relationships between your child and other peers at school.
- If you know your child is being bullied, report it immediately so schools can begin their investigation.

# Bullying Prevention

## St. Johns County School District Policy Prohibiting Bullying and Harassment.

St. Johns County School District's Policy Prohibiting Bullying and Harassment states that all of its students and school employees be afforded an educational setting that is safe, secure, and free from bullying and harassment of any kind. The policy can be found at the school district's Student Services—Safe and Drug-Free Schools website at:

[www.stjohns.k12.fl.us](http://www.stjohns.k12.fl.us)

Bullying prevention is integrated into instruction throughout the school year at all grade levels.

A report of bullying can be made in-person at the school, written, or online at the school district's Student Services - Safe and Drug-Free Schools website at [www.stjohns.k12.fl.us](http://www.stjohns.k12.fl.us). Reports can be made anonymously.