

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.

Being mean on purpose

A student who bullies is trying to intentionally hurt the student he or she is bullying in some way.



Bullying is:

1
2
3

1. Repeated

2. Imbalance of power

3. Purposeful



Bullying

What Parents Should Know



St. Johns County School District
40 Orange St.
St. Augustine, FL 32084

Safe and Drug-Free Schools
Leslie Shugart
904-547-7574
shugarl@stjohns.k12.fl.us

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. Tell your child you are concerned about him or her and ask questions.
- 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. Ask the teacher to talk to other adults who interact with your child at school to see if they have observed any behaviors that could be bullying.
- If you know your child is being bullied, take quick action. There is nothing worse than doing nothing, and bullying can have serious effects.

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

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

A report of bullying can be made in-person or online at the school district's Student Services - Safe and Drug-Free Schools website at:

www.stjohns.k12.fl.us