

BULLY PREVENTION GUIDE

By October 15th of each year schools are required to train staff and students about bullying. All staff and students need to know the definition of bullying, types of bullying and how to report bullying.

WHAT IS BULLYING?

Bullying is when a person hurts, embarrasses, or frightens another person on purpose over and over again. People who bully like to feel strong. Their goal is to have power over people.



Types of Bullying

1. **Physical:** Hurting someone or their belongings
2. **Verbal:** Mean words or threats
3. **Cyber:** Bullying that takes place over electronic devices
4. **Social/Relational:** Hurting someone's relationships or reputation

How to Report

Identify safe people at home and school

Report verbally, in writing, by phone, or anonymously

**Perry Township Hotline:
317.789.3905**

If the first person does not help you, tell someone else!



Ways to Prevent Bullying

Help kids understand bullying

Talk about what bullying is and how to stand up to bullying instead of being a bystander.

Keep the lines of communication open

Check in with kids often. Make sure they have a safe space to talk about their concerns where they know they will be heard.

Encourage kids to do what they love

Hobbies, sports, and special activities can help boost kids' confidence and self esteem. It can help kids learn how to make friends and protect them from bullying behavior.

Model how to treat others

Treat other with kindness and respect. Teach kids with your words and actions.

**Together
we can
STOP
bullying!**

Resources

www.stopbullying.gov

www.doe.in.gov

www.pacer.org

www.cfchildren.org