

## How Does Bullying Hurt?

Being a victim of bullying may have a variety of consequences for a student such as:

- Increased illness and absence due to illness
- Physical injury
- Attempted suicide
- Compulsion to take drastic actions such as weapon-carrying or fighting back
- Feelings of isolation, exclusion or alienation
- Fear and anxiety
- Difficulty forming friendships
- Depression
- Feelings of incompetence or powerlessness
- Truancy
- Drop in grades
- Difficulty concentrating on schoolwork
- ... and bystanders and bullies also suffer many negative effects.

## How Can Someone Report Bullying?

To report a suspected case of bullying, contact a school administrator, guidance counselor, or dean. Reports can be made anonymously.

For further information, check out these resources:

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

Preventing Bullying: A Manual for Schools and Communities, United States Department of Education. Available online at [www.edpubs.org](http://www.edpubs.org).

National Crime Prevention Council – [www.ncpc.org/topics/bullying](http://www.ncpc.org/topics/bullying)



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## Nassau County School Board

# Preventing Bullying

## What Everyone Should Know



# What Are Bullying and Harassment?

Nassau County Administrative Rule 5.49 defines bullying as: Systematically and chronically inflicting physical hurt or psychological distress on one or more students or employees.

Harassment is: Any threatening, insulting or dehumanizing gesture, use of data or computer software, or written, verbal or physical conduct directed against a student or school employee that :

- Places a student or school employee in reasonable fear of harm to his/her person or damage to his /her property;
- Has the effect of substantially interfering with a student's educational performance; or
- Substantially disrupts the orderly operation of a school.

**The Nassau County School Board's program to implement its anti-bullying and harassment policy (Administrative Rule 5.49) and procedures focuses on changing the social environment of the schools to make bullying "uncool."**

**We desire the norm to be that teachers, staff, and other adults serve as role models for positive social interaction, that teachers and other staff recognize and intervene in bullying situations, and that students help each other.**

## How Do We Know It's Bullying?

Bullying is different from other conflict because:

- Harm is intended, not a mistake or an accident.
- It's severe enough or pervasive enough to create an intimidating hostile, or offensive environment.
- The bully enjoys carrying out the action.
- The behavior is repeated.
- It unreasonably interferes with the victim's school performance or participation.
- It occurs in a relationship where there is an imbalance of power.

## What Are Some Examples?

- Unwanted teasing or taunting
- Social exclusion
- Threat
- Intimidation
- Stalking
- Physical violence
- Theft
- Sexual, religious, or racial harassment
- Destruction of property
- Cyberstalking

## Our District Program

The Nassau County School Board program employs best practices recommended by leaders in Bullying Prevention.

All school staff will be trained in bullying prevention.

We will use an anonymous survey to assess the nature and extent of bullying at each school.

School rules and policies will be established and guidance will be given regarding enforcement. School rules will be posted and discussed with students and parents.

Schools will increase supervision of areas where bullying tends to thrive, such as hallways, PE classes, playgrounds, etc.

School staff will be trained to recognize and intervene in bullying or suspected bullying.

Time will be set aside on a regular basis to discuss bullying and improving peer relationships.

The activities of our program will be done continuously. There is no "end" to the program.

