

Belmont's Bullying Prevention and Intervention Plan: What elementary school students need to know

In 2010, the state of Massachusetts decided that all students should be protected from bullying behavior and that schools should help make sure that their students feel safe and welcome. The town of Belmont and your school came up with a plan to educate students about bullying and to let you know what you should do if you think you or someone you know is being bullied. This plan is called the Bullying Prevention and Intervention Plan.

BULLYING is when someone harms or hurts another person more than once using words or a physical act. Bullying is always done on purpose. Most of the time, the person who is being bullied does not feel like he or she can stand up for him or herself.

There are several different **types of bullying**:

<p>1) Physical- hitting, pushing, shoving, damaging something that is not yours</p> 	<p>2) Verbal/Written- teasing, name-calling, threatening harm</p> 
<p>3) Social- spreading rumors, excluding others on purpose, breaking up friendships</p> 	<p>4) Cyber- using the internet or cell phones to cause harm</p> 

Who is involved in bullying?

The person who *causes* the harm or hurt is called the **aggressor**

The person who is hurt is called the **target**

People who watch bullying happen but do not say or do anything to help the person being hurt, or stop the person doing the hurting, are called **bystanders**.

I think I am being bullied or someone I know is being bullied.

What should I do?

If you or someone you know have been hurt by another person more than once on purpose and are having trouble getting the other person to stop treating you or someone you know unfairly, you should **tell your parent or guardian, teacher, guidance counselor, or another adult who you trust as soon as you can.** The adult will listen to what you say happened and may write down the important details and share them with the principal.

- It is important to understand that not all situations that students share with adults are examples of bullying. They may be examples of a more equal type of CONFLICT, like an argument or a disagreement. In an argument or a disagreement BOTH students or groups of students feel they can stand up for themselves and work together to resolve an issue when they are ready. Sometimes, like bullying, a conflict between students requires an adult's help to resolve.
- Remember, there is a big difference between TELLING and TATTLING on someone. When you tell on someone, you share information with an adult because you are trying to help. When you tattle on someone, you share information with an adult in order to get someone else in trouble.



What can I do to help?

- Treat everyone in your grade and in different grades with KINDNESS and RESPECT. You may not like what someone says or does all of the time, but you should always treat others the way you would like to be treated.
- Try to include everyone who wants to play. It may not be possible for everyone to play at one time, but it is possible to make everyone feel welcome.
- Consider how your words and actions will affect other people before you say or do something. Taking a moment to think about how what you say or do could make someone feel could avoid unnecessary hurt.
- Support your classmates. If you see someone do something unfair or unkind to someone again and again, don't sit back and watch it happen. Reach out in friendship to the targeted student (ask them to play with you at recess or sit with you at lunch). Report the incident to an adult. If you feel safe and comfortable, let the aggressor know that their actions are not okay and should stop. As a bystander, you can make a big difference.

Questions:

If you have any questions or worries about bullying or conflict, please talk to your parent or guardian, teacher, guidance counselor, or another adult that you trust. We will do our best to help you. *It is everyone's responsibility to stop bullying in our schools.*

