

# Bullying

Our school is a:



# Ceres Unified School District Policy

- CUSD is aware of the seriousness of bullying
- CUSD follows the law
- Bullying is against the law

# Seth's Law

- “Seth’s Law” is a new law that makes state anti-bullying laws stronger to help protect all California public school students.

# Types of Bullying

## Physical Bullying

- Hitting, Kicking, Pushing
- Stealing, Hiding or damaging someone's things
- Making someone do something he or she doesn't want to do



# Verbal Bullying

- Name calling
- Teasing
- Insulting
- Threats

## Types of Bullying



## Relationship Bullying

- Spreading lies and rumors about someone
- Making someone feel left out

## Types of Bullying



# Cyber Bullying: cell phone or Internet

- Sending mean text, e-mail, or instant messages
- Posting insulting pictures or messages about others in blogs or on websites
- Using someone else's user name to spread rumors or lies about someone.

## Types of Bullying



# About Bullies

- Bullies enjoy having power over others.
- Bullies like to feel strong and superior.
- Bullies use their power to hurt other people.





# What to do if you are bullied-

- Be calm and avoid unsafe situations
- Firmly tell them to stop
- Use humor
- Walk away; remember it is not worth getting hurt
- Ask a friend or adult to help
- You have a right to not be bullied
- Remember it is the Law!



# Consequences for Bullying

- ✓ Warning/Counseling
- ✓ Family Contact
- ✓ Home consequences
- ✓ Referral
- ✓ Time Served
- ✓ Citation
- ✓ Suspension
- ✓ Expulsion
- ✓ Law enforcement



# Be a friend not a bully

- Be helpful
- Be friendly
- Say nice things about others
- Always be respectful
- Include others when you play



# What can you do if *you* are being bullied?

## **Keeping Our Schools Safe!**

Contact a school staff member. Or you can use a new app called 'Stop!t' to report bullying. This app has a HELP button that will allow you to call or message a 24/7 crisis support network.

For a short video introduction, please click on logo below.



# **STOP!T**<sup>TM</sup>