

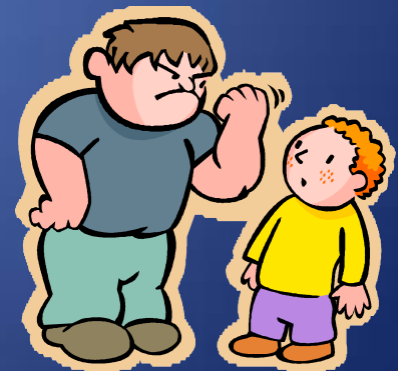
Bullying

Our school is a:



What is Bullying?

- No student or group of students shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, cyber bully, cause bodily injury to, or commit hate violence against any other student or school personnel.
- Cyber bullying includes the transmission of harassing communications, direct threats, or other harmful texts, sounds, or images on the Internet, social media, or other technologies using a telephone, computer, or any wireless communication device. Cyber bullying also includes breaking into another person's electronic account and assuming that person's identity in order to damage that person's reputation.



CUSD Policy

- CUSD is aware of the seriousness of bullying and in compliance with Seth's Law CUSD policy specifically prohibits discrimination, harassment, intimidation, and bullying based on these actual or perceived characteristics: disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, and sexual orientation.
- Discrimination, harassment, intimidation or bullying directed at someone associated with a person or group with one or more of the listed actual or perceived characteristics is also prohibited (Education Code Section 234.11(a))

Seth's Law

- “Seth’s Law” is a new law that strengthens existing state anti-bullying laws to help protect all California public school students. Seth’s Law requires public schools in California to update their anti-bullying policies and programs, and it focuses on protecting students who are bullied based on their actual or perceived sexual orientation and gender identity/gender expression, as well as race, ethnicity, nationality, gender, disability and religion.

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

Relationship Bullying



- Refusing to talk to someone
- Spreading lies and rumors about someone
- Making someone feel left out

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.

Bully Behavior

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



Did you Know?

- Bullying hurts the victim's ability to focus, remember things and learn.
- Bullies are more likely to drop out of school before high school and get involved with criminal behavior.



What to do if you are bullied-

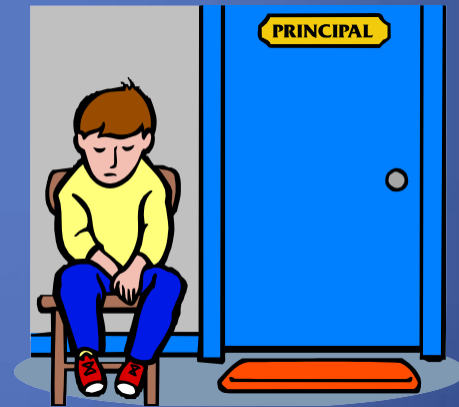
- Be calm and avoid unsafe situations
- Firmly tell them to stop
- Use humor
- Walk away; remember it is not worth getting hurt
- Ask a friend or adult to help
- You have a right to not be bullied
- Report bullying to the principal, Assistant Principal or AA .
- Remember it is the Law!



Consequences of Bullying

“Any student who engages in bullying may be subject to disciplinary action up to and including expulsion.”

- ✓ Warning/Counseled
- ✓ Family notified
- ✓ Home consequences
- ✓ Citation
- ✓ Referral
- ✓ Time Served
- ✓ Contracts
- ✓ Suspension
- ✓ Expulsion
- ✓ Law enforcement



Be a friend not a bully!

- Be helpful
- Be friendly
- Say nice things about others
- Always be respectful
- Include other in your activities



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™