

You Are Not Alone

Our message to you:

The staff at Peaceful Schools wants you to know that you have the right to be a member of a school community that is SAFE - socially, emotionally and physically; a community that is free of intimidation, put downs and harassment.

We want you to know that you are not alone; your schools and communities are full of caring kids and adults. If you are the target of bullying behaviors or if someone you know is being bullied you have the right to seek the help, support and intervention you need to make the hurtful behaviors stop.

Tell an Adult

Please tell a caring adult if you feel you or a friend or classmate are being bullied. Keep telling until you find an adult who will listen and be sensitive to the situation and take action in a way that assures your dignity is protected throughout the intervention process.

Let your trusted grownups know that you or someone else needs adult assistance. Write down the facts with them, so that everyone clearly understands what you observed or experienced.

No matter your age, you have the right to be treated with dignity and respect, in all settings by all persons. No one has the right to hurt you with their words or with their actions.

I Stand Tall
for YOU
I Stand Tall
for ME
I Stand Tall for
what is RIGHT
I Stand Tall
PEACEFULLY!



Peaceful Schools
707 Scott Ave.
Syracuse, NY 13224
P: (315) 558-4219
www.peacefulschools.com



Guide to Being an Upstander

How to get help when you or someone you know is being bullied.

Q. WHAT IS UPSTANDER BEHAVIOR?

A. Upstander Behavior is the helpful way(s) that people respond when they see or hear acts of bullying - when someone stands up for the target and lets others know that bullying is not ok. When people see acts of bullying, they can choose to be an INSIDER - someone who joins in or laughs; an OUTSIDER - someone who ignores the bullying and chooses to let it continue (stands by); or an UPSTANDER - someone who stands up for the target and their community.

UPSTANDER BEHAVIOR is socially responsible behavior, behavior that shows you care about yourself, others, and your community.

"In the end, we will remember not the words of our enemies, but the silence of our friends."
-Martin Luther King, Jr.
(1929-1968)

Recognizing Bullying

Physical – Verbal – Social – Cyber

Bullying is when someone hurts or threatens to hurt another person, on purpose, and the pattern of harm is repeated, more than one time.

Bullying can be physical:

- Hitting, shoving, tripping
- Taking/destroying of property/belongings

Bullying can be verbal:

- Spreading rumors
- Name-calling, mean comments or insults
- Threats

Bullying can be social:

- Getting others to be mean to someone
- Getting others to outcast a person
- Sharing private information with intent to embarrass or degrade the person

On-line/Cyber Bullying:

- Sending mean, vulgar or threatening messages and/or images
- Posting sensitive, private information about another person with intent to embarrass or harm
- Pretending to be someone in order to frame or make that person look bad

Bullying Behaviors Include:

- name-calling ● spreading rumors ●
 - insults ● group rejection ●
 - cyber-bullying ● intimidation ●
- threats ● damaging property ● hitting ●
 - graffiti ● negative gestures ●
 - kicking ● pushing ● stealing ●
 - taking or harming property ●
- harassment ● sexual harassment ●
 - showing or using a weapon ●

How to Be an Upstander

When someone is using Physical Bullying...

- Get help from an adult, do not get physically involved.
- Show caring and concern after the act of bullying, let the target know you care.

When someone is using Verbal Bullying...

- Say that you think name-calling is wrong/not funny. Do not join in or laugh at hurtful words.
- When possible help the target to walk away from the situation.
- Do not pass on or share rumors and gossip to others.

When someone is using Social Bullying...

- Help the target to feel included, invite them to join an event, activity, or conversation.
- Say that you think it is mean to exclude or make fun of someone.

When someone is using Cyber Bullying...

- Do not forward or re-post hurtful messages.
- Block inappropriate messages.
- Report inappropriate pictures or messages to the site host.
- Show hurtful messages/pictures to a trusted adult.



Adult Responses

When a child reports bullying:

- Show you care by listening fully to understand the story.
- Give your undivided attention.
- Ask questions until you understand all of the facts the child can give.
- Get the details: where, when, who, how often, who has witnessed.
- Identify the specific behaviors (words and actions).
- Do not promise to keep the disclosure “secret” – in order to respond you will very likely need to involve other adults. You can reassure that you will keep the disclosure “private” and treat the matter with discretion, only sharing what is necessary to take meaningful responsive action.
- Let the child know the steps you are taking and when they can expect you to follow up. Keeping them informed reduces anxiety and is part of empowering them to stand up for their right to be treated with dignity.
- Connect the targeted student with a network of support at home, school and in the community, including the offer of counseling support.
- If warranted, report the bullying behavior to appropriate school personnel and/or help the student contact local authorities.