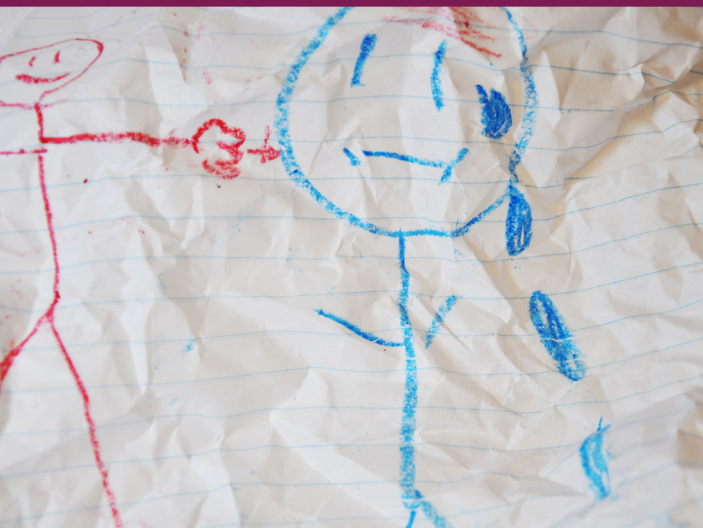


DID YOU KNOW?

- 1 in 4 school children report being bullied.
- 86% of gay and lesbian students report being bullied.
- Bullied children are considerably more likely to consider suicide.
(Study by Yale University)
- In the U.S. 160,000 children stay home from school each day because of bullying.
(Statistics reported by ABC news)
- 85% of all bullying acts are witnessed by bystanders.
- Only 10-20% of bystanders provide any real help.



Ways to report bullying
& who to bring your concerns to:

Hotline Phone Number: 413-229-8734

Elementary extension: Ext. 419

High School extension: Ext. 418

Anti-Bullying link in student section of SBRSD.org
or go to www.sbrsd.org/pages/bullying

Police Department:

413-229-8522

Berkshire County District Attorney:

413-443-5951

Anonymous Reporting Boxes:

-outside Elementary Library

-outside High School Library

High School Dean of Students: Ext. 103

Elementary Assitant Principal: Ext. 391

High School Adjustment Counselor: Ext. 152

Elementary School Adjustment Counselor: Ext. 387

Student Support Center: Ext. 161



MAKE A CHANGE



ADDITIONAL INFORMATION:

Listed in Mass. Aggression Reduction Center's
Guide for Parents

www.safeyouth.org

www.kidshealth.org

www.stopbullynow.hrsa.gov

www.familyinternet.about.com

www.pacerkidsagainstbullying.org

www.MARCcenter.org

Southern Berkshire Regional School District
Anti-Bullying Campaign

Southern Berkshire Regional School District is committed to providing all students with a safe learning environment that is free from bullying and cyberbullying. This commitment is an integral part of our comprehensive efforts to promote learning and to prevent and eliminate all forms of bullying and other harmful and disruptive behavior that can impede the learning process.

***Bullying** – The repeated use of written, verbal, or electronic expression or a physical act directed at a target that; causes physical or emotional harm to target/target’s property; places target/target’s property in reasonable fear of harm or infringes on rights of target at school

***Cyberbullying** – The use of technology or electronic communication to bully, (i.e. text messages, social sites like facebook, images, sounds, signals, signs etc.).

***Hostile Environment** – A situation in which bullying causes the school to become permeated with intimidation that alters conditions of students’ education.

****Face-to-Face Bullying** – Easily recognized, both aggressor and target are present. Bystanders and targets know who is doing bullying.

****Behind-the-Back Bullying** – Harder to recognize. Target may not be present. The target may not know who the aggressor is.

****Bystanders** – Witnesses to bullying.

Target – The person being bullied.

Aggressor – The person/persons perpetrating the bullying.

* From Mass. M.G.L. c. 71 § 370

** From Steps to Respect Program

What to do when faced with Bullying

The 3 R’s

RECOGNIZE:

- Is it fair?
- Is it one-sided?
- Is someone using power in a hurtful way?
- How does it feel?

REFUSE:

- Is it safe to speak out?
- Use clear strong words that mean “stop.”
- Label it: “That’s Bullying.”
- Walk away calmly.

REPORT:

- Report immediately if someone is in danger.
- Report immediately if someone is touching or showing private body parts.
- Report if bullying continues
- Report to an adult you trust.

ALSO:

- Don’t take part.
- Offer support.
- Be an ally to the target.
- Take appropriate action against bullying.

Is my child being bullied?

Cyberbullying:



- Encourage your child to spend less time on-line.
- Nothing on line is truly private.
- Monitor the sites your child and their friends use, especially social networks.
- Be aware of text messages and photos.

Look for:

- Fear of riding the bus.
- Cuts or bruises.
- Damaged clothing/belongings.
- Frequently “lost” lunch money.
- Frequent requests to stay home.
- Frequent minor “illnesses.”
- Sleeplessness or nightmares.
- Depression or lack of enthusiasm for friends or hobbies.
- Declining school performance.

What to do:

- Talk to your child.
- Assure them they are not to blame.
- Tell them not to respond physically.
- Advise them to report bullying to any adult at school.
- Give relief: Set up fun with friends.
- Contact school staff.
- Use one of the resources listed on the back to report bullying yourself.

Is my child bullying others?

Look for:

- Frequent name calling.
- Regular bragging.
- Constant need to get own way.
- Spending time with younger/weaker children.
- Lack of empathy.
- A defiant or hostile attitude.