

What Parents Can Do, Continued:

- Tell the school administrator if you think your child has been a target of bullying behavior
- Use non-physical and consistently enforced discipline (as opposed to ridiculing, yelling, and shaming)
- Arrange a conference with your child's teacher, counselor, or administrator to work together to solve the problem
- Contact law enforcement if a situation occurs outside of school

What Carroll County Public Schools Are Doing to Create Positive Learning Environments:

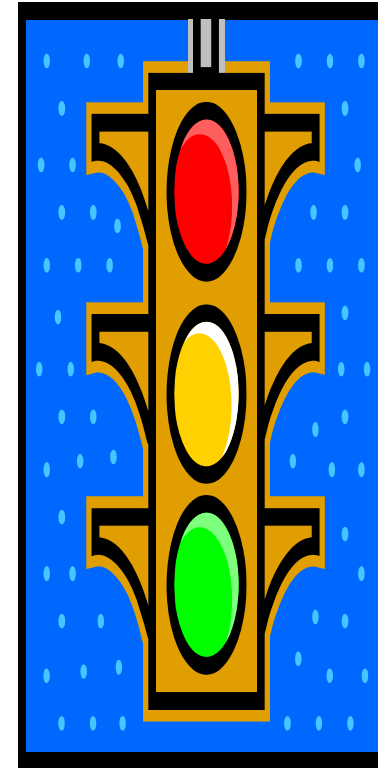
- Establishment of clear behavioral expectations that reinforce school bullying policies
- Promotion of character education and multicultural programs that encourage respect and caring for others
- Implementation of appropriate consequences/disciplinary action as necessary
- Availability of school personnel to address bullying concerns shared by students or parents

School and Community Resources:

What You Can Do If You Have Concerns About Bullying Behavior

- Contact the school counselor or school administrator to share your concerns; reporting forms are available in school counseling offices, administrative offices, and health suites where you can provide a written account of school-related concerns; counselors and administrators will work promptly with you to address bullying issues
- Contact the Community Conference of Carroll County (410-848-6100), housed in the office of Junction Inc. in Westminster, for opportunities to resolve community conflicts
- Contact Law Enforcement Agencies for incidents occurring outside of school
- Contact *Get Connected* (410-871-0008) for additional counseling or community resources (www.getconnectedcc.org)
- Visit the site www.stopbullyingnow.hrsa.gov for more tips and resources

Together We Can Stop Bullying!



You are not alone!

We can work together!

You can do something about it!

**Student Services Department
Carroll County Public Schools
125 North Court Street
Westminster, Maryland 21157
www.carrollk12.org**



Together We Can Stop Bullying

Background:

The Board of Education of Carroll County is committed to establishing and promoting a safe, non-threatening environment for all students to learn. Therefore, the Board will not tolerate any acts of bullying, harassment, intimidation, discrimination, or hazing on the part of students or employees.

Definitions:

Bullying, harassment, or intimidation means intentional conduct, including verbal, physical, or written conduct or an intentional electronic communication that creates a hostile environment and which interferes with a student's physical or psychological well-being.

Examples of Bullying Behaviors :

- Physical violence or attacks
- Spreading rumors
- Name-calling, put-downs, ridiculing
- Threats and intimidation
- Extortion or theft
- Deliberate exclusion from a peer group

Warning Signs of Bullying:

- Reluctance to attend school activities
- Unexplainable drop in academic performance
- Avoidance of the school cafeteria or playground
- Reluctance to walk to or from school
- Reluctance to talk about what's happening at school
- Torn clothing
- Headaches, stomachaches, or other unexplainable illnesses
- Changes in sleep patterns
- Sad or depressed demeanor and/or unexplained anger outbursts
- Loss of interest in activities formerly enjoyed

Harmful Effects of Bullying:

- School avoidance, truancy
- Lowered grades, reduced learning
- Lowered self-esteem and lowered self-confidence
- Physical illness
- Anxiety, depression

What Students Can Do:

- Remain calm and stay in control of your emotions; avoid physical contact if possible
- Act confidently—stand up tall, speak in a friendly, firm voice
- Use specific "I-messages" such as "I don't like it when you____, and I want you to stop."
- Find allies/buddies who can provide support
- Seek the help of an adult and report bullying behaviors
- Speak up on behalf of others being targeted
- Refrain from participating in the laughing at or teasing of others
- Show respect for all people regardless of their differences

What Parents Can Do:

- Listen to your child and encourage discussions about the school day
- Take complaints of intimidation seriously
- Watch for symptoms such as social withdrawal, drop in grades, and school avoidance

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