

Bullying Prevention Newsletter

Bullying: What Can You Do?

Township High School District 211



District 211 Academy-North

Volume 1, Issue 1

October 2011

Take Back the Power

Bullying creates an imbalance of power between the bully and the victim. When bullying occurs the bully may be looking for attention, control or a release of their own anger, but ultimately they are searching for the power in a situation. No one likes to feel powerless.



Although we cannot eliminate bullying from happening altogether, we have the power to decrease these events from happening in our schools. We also have the power to support our fellow students and school community. Bullying is often a secret behavior that may be passive, like a sarcastic comment, using social media to post emails, or comments made behind one's back. However, attacks can be physical, verbal or psychological and can happen in a blink of an eye.

This is where YOU come in...be alert, report incidents, support your friends and classmates. The bottom line is this is your school and community. You have the right to feel safe and respected, so **DO SOMETHING!**

STEP UP SO OTHERS WON'T GET STEPPED ON!



Students can report incidents of bullying by calling 847/ 755-6700 or by using the following link:

http://www.academy-north.org/index.php?option=com_forme&Itemid=88

Reports can be made anonymously to report bullying that they have experienced or witnessed.

WE NEED EVERYONE'S HELP!

The Student Voice: We asked and here is what you said ...

In the spring of 2011, District 211 students were asked to complete a survey regarding bullying. Here are some of the comments that we received:

"Sometimes kids don't think of teasing or hazing as bullying, but it potentially can still hurt someone emotionally."

"People should watch out for others more."

"Many students have been bullied or are bullies themselves. When it comes to another person witnessing another being bullied, most are either afraid to say something, or don't want to be called "trick". A trick is someone who snitches on another person. Most people find out who said something and get picked on by more people. Yet there are others like myself, if I see someone getting bullied, I stand up and say something to them. I have done it before. But if they refuse to stop and continue, then that's where I report the bullying."

"I feel that is it very necessary to report bullying when spotted. I have experienced being bullied but not in such a serious way but I do feel that it shouldn't be happening in our school or any school. School should be a place where you should feel safe to be yourself at anytime around any people. No one is higher or better than anyone at this school and I feel we are equal and we should respect one another for his or her unique abilities. I'm not 100% sure of how many kids report bullying but if they do then I encourage that they do it as soon as possible to keep the peace..."

Continued on page 2

The Impact of Bullying

“Phoebe Prince left Ireland for America at the age of 15, just in time to start her freshman year at South Hadley High School in Massachusetts. Her family wanted her to experience America first hand; she wanted what most 15 year olds want: to be liked and accepted, to fit in, and to make friends. She found herself instead, as a quiet newcomer, on the wrong side of a group of self-described “Mean Girls.” These girls, along with a couple of their male friends, literally made Phoebe’s life a living hell.

Relentless, incessant bullying marked every one of Phoebe’s days. She endured threats, name calling, and exclusion – both in person, and after school by text messages and on Facebook. Day...after day ... after day.” Apparently a few days before the school’s big dance, Phoebe finally could take no more and she came home from school to take her life.

Read more:

<http://www.foxnews.com/opinion/2010/04/06/dr-dale-archer-phoebe-prince-south-hadley-mass-bullying-death-da/#ixzz1RvlgcBse> By Dr. Dale Archer, Published April 06, 2010, FOXNews.com

How can something like this happen? Why didn’t anyone do anything to stop it? One explanation is the bystander effect. The bystander effect is a psychological phenomenon which makes it less likely for people to help another person in distress when others are present. One reason this occurs is because people believe someone else will take action. In addition, people want to behave in socially acceptable ways. Therefore, when they see other bystanders fail to react, individuals often take this as a signal that they do not need to respond. This is one of the reasons students do not intervene when they are observing other students being bullied. Research indicates that one of the most effective ways to stop bullying is to get the bystanders involved. *When you see someone being bullied and do nothing, you are actually siding with the bully.* Although it may not always be safe to personally confront the bullies, there are other ways you can intervene, such as reporting the bullying or consoling the victim. Don’t be a bystander, report bullying. Without your help, the bullying will not stop.

Student Voice (con’t.)

“Most students don’t report it because then they feel like a snitch, and snitches get stitches, so why would they want to do that? Not to mention they think they’re able to handle it on their own when they obviously can’t.”

“Bullying is done everywhere, even with best friends. We are joking, yes they may some things that are degrading but it was with friends. Yes I know that still doesn’t make things right.”

“I would like to say one word: GYM.”

“Most students who are bullied do not report it because they will feel as if they are humiliating themselves. They don’t want the bully to be even more angry and violent.”

Bullying is a problem, and together, we can take a stand against it!

Witnessing Bullying

There is nothing “innocent” about standing by and watching bullying happen.

- ❖ If you feel safe, ask the bully to stop.
- ❖ Offer help to the bullied student.
- ❖ Report the bullying to school staff and a parent.
- ❖ Use the safety and concern center or tip line web link on the school’s home webpage.
- ❖ Ask for help. Sometimes, talking to a counselor or health professional can help you get through the emotional effects of bullying.