

SJES Bully Information for Parents

What is Bullying?

Bullying means to intentionally hurt someone physically, verbally or emotionally. It is unwanted, an imbalance of power, and repeated over a period of time.

What to do if you are being bullied?

S	Say something to an adult
A	Ask for help
F	Find a friend
E	Exit the area

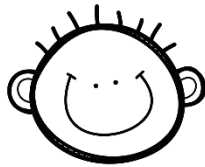
3 Characters



Bully



Victim



Bystander

How to be a Friend

- Refuse to join in
- Never fight the bully
- Speak out against bullying
- Report the bullying to an adult

Ways to Report Bullying

- Verbal Report to Any Adult
- Written Report to Any Adult
- Online Bully Button on website

Bullying vs. Peer Conflict

The Guidance Counselor and Resource Officer are educating all students on what bullying is, how to report it, and the difference between a bully situation and a peer conflict situation.