



Counselor's Corner

Theme for the Month: Bullying Prevention Awareness Month

Greetings MLCPA Family!

This month is dedicated to spreading awareness about what bullying is and how to prevent it in our schools and communities. Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

There are several different types of bullying:

Physical- hurting someone's body or possessions. This could include:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

Verbal- saying or writing mean things about someone. This could include:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

Relational/Social- hurting someone's reputation or relationships. This could include:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

Cyberbullying- Bullying using electronic means. This could include sending, posting, or sharing negative, false, threatening, or mean content.

Conflict vs. Bullying - What's the difference?

Conflict

- Disagreement or argument in which both sides express their views
- Equal power between those involved
- Generally stop and change behavior when they realize it is hurting someone

Bullying

- Goal is to hurt, harm, or humiliate
- Person bullying has more power*
- Continue behavior when they realize it is hurting someone.

* "Power" can mean the person bullying is older, bigger, stronger, or more popular.



PACER's

National Bullying Prevention Center®

The End of Bullying Begins with You.

Be an Upstander, not a Bystander

Often, students see bullying, but don't know what to do about it. So, they just watch it happen. This is being a bystander. Students can help stomp out bullying by being an upstander, not a bystander when they see bullying happening.

How can students be an upstander?

- Speak up and let the bully know what they are doing is not ok.
- Invite the target of the bullying to come with you and your friends. Bullies, typically, don't like to target people that are in groups.
- Support the target and let them know its not their fault.
- Report bullying when you see it. You can tell an adult right away or make an anonymous report using the See Something, Say Something App (see below). Bullies thrive in secrecy.

