



Parents Against Bullying

- Encourage your child to talk to you.
- Contact the school immediately if bullying or harassment is suspected.
- Discuss how to resolve conflict using peaceful strategies.
- Contact law enforcement if bullying behavior is criminal.

Student Pledge

Students are responsible for helping to create a safe school environment. Stand up against bullying and pledge to:

- Not bully or harass others
- Be kind, be respectful, and show integrity
- Report bullying to an adult

If students violate school policy, they will be subject to consequences including suspension, expulsion, or arrest.

How do I report bullying?

Speak with your parent, teacher, or principal.

Complete a Bullying or Harassment Report.

Request a meeting after the investigation to discuss findings and develop a plan of support.



Queen Creek
Unified School District

(480) 987-5935 | www.qcusd.org

Students Against Bullying

SAFE & HEALTHY ENVIRONMENT



What is Bullying?

Bullying means any aggressive, intentional behavior carried out by a person or group repeatedly and over time against a victim who cannot easily defend himself or herself. Bullying requires an observed or perceived imbalance of power - such as physical strength, access to embarrassing information, or popularity - between the bully and victim.

There are several different types of bullying:



Verbal - Using words, statements, teasing, or name-calling.



Physical - Using physical force such as pushing, hitting, punching, kicking, or spitting.



Social - Hurting someone's reputation or relationships through isolation, social exclusion, spreading rumors, or forcing people to do things they don't want to do.



Cyberbullying - Using electronic technology or social networking sites on school property or at a school-sponsored event to send mean text messages or emails, start rumors, or post embarrassing pictures or videos.

Report inappropriate content or cyberbullying to your service provider. Talk with your child about not sharing any personal information online or responding to any inappropriate messages or images. If threats are made to any child, contact law enforcement.

If you are bullied...

- Take a stand. Tell the bully to stop.
- Report the bullying immediately. Tell your parent, teacher, counselor, or principal.
- Use words, not physical aggression.
- Have confidence. Be proud of yourself.
- Do not show anger or fear.
- Make safe choices. Sit and walk with groups of friends or classmates. Avoid areas where there are few students or teachers.
- Do not share your personal information or passwords with others.

What is Harassment?

- Harassment is intentional behavior by a student or group of students that is disturbing or threatening to another student or group of students.
- Intentional behaviors that characterize harassment include stalking, hazing, social exclusion, name calling, unwanted physical contact, unwelcome verbal or written comments, and photographs.
- Harassment may be related, but not limited to, race, religion, sex, cultural background, economic status, size, or personal appearance.
- Harassing behaviors can be direct or indirect and by use of social media. Harassment includes sexual harassment and retaliation.

Do something if you witness bullying.



Take a stand. If someone is getting bullied or harassed, be ready to intervene with a nonviolent approach. Try redirecting or distracting the bully by saying, "Stop! Don't bother him!"



Don't participate. Bullies like to get attention. If they invite you to participate, don't join in. Tell them "no" and go get help.



Report bullying. The best defense against a bully is to report the incident to an adult.



Be a friend. Offer help to the person who was bullied. Encourage him or her to talk to an adult. Invite that person to join your group of friends.

