

Coping Strategies for Overcoming Bullying

Feel like there is nothing you can do to help yourself? Take a look at these ideas to help deal with your problem and reduce your chances of being a target for bullying.

- Look Confident!** Even if you're not, act confident—others will think that you are.
- Talk to someone about it!** Although another person may not be able to fix your problem, it's always a good idea to share your worries with someone you trust.
- Be assertive!** Speak up and stand up for yourself—it's your right.
- Reply to taunts briefly and neutrally.** Responses such as, "Maybe" or "Whatever" are effective.
- Find and join a group.** Belonging boosts confidence.

BULLYING PREVENTION CORE TEAM

Mr. James Orwig, Principal
Mrs. Melissa Smith, School Counselor
Mrs. Louise DeMatteo, Staff Leader
Mrs. Kay Fritz, Teacher
Mrs. Jessie Hess, Teacher

FOR MORE INFORMATION CONTACT:

Kutztown Elementary
40 Normal Ave.
Kutztown, PA 19530
610-683-3557



AT KUTZTOWN ELEMENTARY SCHOOL...

- BULLYING won't be tolerated.
- HELP is only a teacher or an adult away.
- By REPORTING a bullying incident, you help make our school better and safer.
- By RESPONSIBLY REPORTING a bullying incident, you get somebody OUT of trouble, not INTO trouble.

Kutztown Elementary School



BULLYING PREVENTION PLAN OF ACTION

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What is Bullying?

Bullying Is.....

- **AGGRESSIVE BEHAVIOR**
- **REPEATED OVER TIME**
- **ABOUT UNEQUAL POWER** in terms of size, ability, money, popularity, etc.
- **VERBAL**, involving name calling, threats, teasing, and/or rumors, including **cyberbullying** via Internet or other electronic devices (cell phone, Palm Pilot, etc.)
- **PHYSICAL**, involving hitting, kicking, pushing, getting someone else to hurt another
- **EMOTIONAL**, by taunting, isolating or gesturing with intent to hurt someone's feelings

Bullying Is Not.....

- **FRIENDLY OR PLAYFUL**
- **A ONCE AND DONE OCCURRENCE**
- **SIMPLE CONFLICT OR DISAGREEMENT BETWEEN STUDENTS WITH EQUAL POWER**
- **SOMETHING THAT IS A NORMAL, HEALTHY PART OF GROWING UP**

BULLYING PREVENTION ACTION PLAN

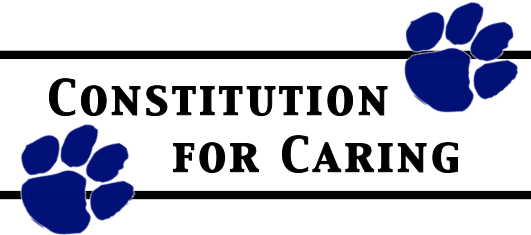
The goal of Kutztown Elementary School is that all students will come to school free from fear of harassment or degradation, and that all parents will be free from worry that such things will happen. We will eliminate bullying incidents in our school, thereby creating a safer, more comfortable place for children to learn.

How?

- Teach students that ignoring the bully or trying to work it out with the bully is not effective.
- Be sure that students know that there are many adults within the school and community to whom they can come when reporting an incident of bullying and that we will protect them from any "fall out" resulting from reporting.
- Support classroom rules consistently.
- Thoroughly train all adults concerning bullying prevention and provide specific strategies to intervene effectively and consistently.
- Teach all students that bullying is destructive to both victim and bully.
- Teach coping strategies via planned discussions.
- Provide positive ways for students to resolve conflicts and problems.
- Reinforce the firm and clear message that bullying is not acceptable and will not be tolerated.

Parents and guardians can support the program by talking with children about the "No Bully Pledge", which is displayed and discussed at Kutztown Elementary School.

CONSTITUTION
FOR CARING



- **We will not bully other students.**
- **We will help students who are being bullied.**
- **We will include students who are left out.**

Parents –

If you think your child is being bullied, ask your child. Many children won't volunteer this information. Ask for specifics and write them down.

If your child tells you that he or she is being bullied at school, believe your child. Again ask for specifics and write them down.

Contact the school immediately. Request a meeting. Share the information. We will help you and your child in any way possible.