

How to tell if your child is being Bullied.

Your child may show the following signs:

- ⇒ Be unwilling to go to school
- ⇒ Become withdrawn
- ⇒ Cry themselves to sleep
- ⇒ Complain of stomach/headaches
- ⇒ Begin to do poorly in their school work
- ⇒ Come home regularly with clothes or books damaged
- ⇒ Have nightmares
- ⇒ Refuse to say what is wrong
- ⇒ Mood swings - sudden outbursts of temper
- ⇒ Withdraws from social activities with peers
- ⇒ Have unexplained bruises, scratches or cuts
- ⇒ Difficulty concentrating

**TALKING IS THE ONLY
WAY TO STOP BULLYING**

Forms of Bullying

Physical Bullying - hitting, kicking, punching, pushing, tripping, hair pulling, or any physical aggression.

Verbal Bullying - teasing, name calling, put downs, or other behavior that would deliberately hurt others' feelings or make them feel bad.

Emotional or Relational Bullying - intimidation using gestures, social exclusion, facial expressions with malicious intent, spreading rumors, etc.

Cyberbullying - sending insulting messages by phone or email, or other media type.

How you can help your child.

If your child is involved in bullying, either as a victim or bully, he or she needs your confidence, understanding, and support.

- ⇒ Encourage talking; it may be difficult but be patient.
- ⇒ Try not to over-react. Listen calmly and try to work out the facts.
- ⇒ Be sensitive in areas such as 'names' the young person is called.
- ⇒ Give assurances that the situation will be changed.
- ⇒ Reassure the young person that it is not happening because there is something wrong with him/her.
- ⇒ Identify reasons why bullies are hurtful and explain that not responding helps in stopping the unwanted behavior.
- ⇒ Talk to your school's counselor, teacher, and/or administrator. We are here to help.

Please contact Oakland Elementary School if you are concerned about an incident that occurred on school grounds or have suspicions that an incident is occurring.

Oakland Elementary School

551 Highway 81 West
McDonough, GA 30253
(770) 954-1901 | Fax: (770) 914-5565

Henry County Schools

33 North Zack Hinton Parkway
McDonough, GA 30253

(770) 957-6601



ANTI - BULLYING POLICY

**Information for
Students & Parents**



Make our School a Happy & Safe Place

For parents:

I have read and understood the information in this brochure. I would like to offer the following comments:

Signed: _____

Date: _____

For students:

This information has been explained to me. I know who to go to if I need help.

Signed: _____

Date: _____

***Please return this page to your child's
homeroom teacher.***

WHAT IS BULLYING?

Dan Olweus, creator of the *Olweus Bullying Prevention Program*, provides us with this commonly accepted definition for bullying in his book, *Bullying at School: What We Know and What We Can Do*:

“A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself.”

This definition includes three important components:

1. Bullying is aggressive behavior that involves unwanted, negative actions.
2. Bullying involves a pattern of behavior repeated over time.
3. Bullying involves an imbalance of power or strength.

OAKLAND'S BULLYING PREVENTION RULES

1. WE WILL NOT BULLY OTHERS.
2. WE WILL HELP STUDENTS WHO ARE BULLIED.
3. WE WILL INCLUDE STUDENTS WHO ARE LEFT OUT.
4. IF WE KNOW THAT SOMEBODY IS BEING BULLIED, WE WILL TELL AN ADULT AT SCHOOL AND AN ADULT AT HOME.

DISCIPLINARY POLICY & PROTOCOL

Per Henry County School's
2011-12 Student & Parent Handbook:

- 1st offense - Section 1 violation
- 2nd offense - Section 2 violation
- 3rd offense - Section 3 violation

Please note each incident will be treated on a case-by-case basis as some may be more severe than others.

The Henry County Board of Education believes that all students learn better in a safe school environment. Behavior that infringes on the safety of students, staff or volunteers will not be tolerated. Bullying, as the term is defined in Georgia law, is strictly prohibited. The Student Code of Conduct for all schools within the school system expressly prohibits bullying.

Bullying is defined as follows: An act which occurs on school property, on school vehicles, at designated school bus stops, or at school-related functions or activities, or by use of data or software that is accessed through a computer, computer system, computer, network, or other electronic technology of a local school system that is:

- (1) Any willful attempt or threat to inflict injury on another person, when accompanied by an apparent present ability to do so;
- (2) Any intentional display of forces such as would give the victim reason to fear or expect immediate bodily harm; or,
- (3) Any intentional written, verbal, or physical act, which a reasonable person would perceive as being intended to threaten, harass, or intimidate, that:
 - (a) causes another person substantial physical harm or visible bodily harm;
 - (b) has the effect of substantially interfering with a student's education;
 - (c) is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment; or,
 - (d) has the effect of substantially disrupting the orderly operation of the school.

Upon finding from a school administrator that a student has committed an act of bullying or is a victim of bullying, the administrator or designee shall notify the parent, guardian, or other person having control or charge of the student by telephone call or through written notice, which may be done electronically.