



## **Announcements: Bullying Awareness Week**

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### **Monday:**

This week FBISD is observing Bully Awareness Week. Schools, organizations, and communities are raising awareness of bullying prevention and teaching students how to respond effectively to bullying situations.

Bullying can take many forms. It can be physical, and it also can be emotional and social—using words to hurt someone, leaving someone out, or gossiping and spreading rumors. Bullying also happens over cell phones and the Internet.

### **Tuesday:**

Today's bullying prevention topic is "What Can You Do?" Everyone knows that bullying situations involve the student who's targeted and the student doing the bullying. Did you also know that many situations involve bystanders—students who aren't involved directly but see what's happening?

Bystanders are powerful. In fact, more than half of bullying situations will end if bystanders step in. Direct confrontation is one way to intervene. Indirect help—such as not encouraging the situation or offering support to the person being bullied—is also effective. Bystanders can also let other students know that bullying is not okay.

### **Wednesday:**

Today's bullying prevention topic is "Students and Adults Working Together." When it comes to bullying, teens and adults don't always see eye-to-eye. In one survey, for example, educators said they intervened in bullying situations 75 percent of the time; students said adults intervened only 10 percent of the time. Why the difference? Bullying often happens outside the view of adults, bullying is not always easily recognized, and adults may not perceive a situation as bullying.

Many students don't talk with an adult about bullying. Some think they need to handle it on their own, others may have received unhelpful advice, and still others might think adults could make the situation worse.

### **Thursday:**

Today's topic is "Bullying Prevention: It's Not Just a Week." National Bullying Prevention Awareness Week was created to raise awareness and provide options to respond to bullying. Bullying isn't something that can be resolved in a week, however. Students and adults need to work on it throughout the school year to be effective.

For many years bullying was thought to be a normal part of childhood and that targets just needed to toughen up and deal with it. We now know that bullying has long-term negative effects. Students who are bullied often have a loss of self-esteem, endure physical symptoms such as stomachaches and headaches, begin to miss school, suffer slipping grades, and become depressed. Students who bully are more likely to have a criminal record as an adult. Witnesses report feeling less safe at school and they fear that the bullying might happen to them.

Bullying affects everyone. Together, through a united effort, everyone can affect how bullying is addressed in school.

### **Friday:**

Today's theme is "The End of Bullying Begins with You." Bullying prevention takes a united effort of students and adults. It also takes an individual effort. It is about each person taking responsibility. The end of bullying begins with the principal, the end of bullying begins with teachers, the end of bullying begins with all school personnel, and the end of bullying also begins with you--with each student being willing to say that bullying will not be accepted and that everyone has a right to be safe at school.