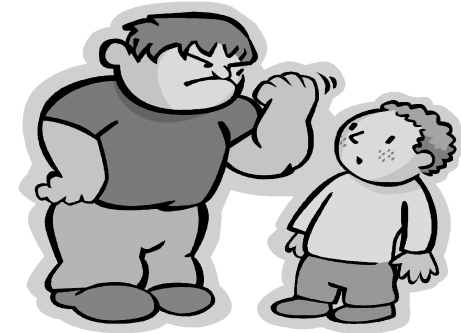


## **SUGGESTIONS TO CURB BULLYING AND HARASSMENT**

- **Don't ignore name-calling, teasing, and meanness.**
- **Model and teach appropriate behaviors.**
- **Survey students to see if bullying is an issue.**
- **Educate students about bullying.**
- **Distribute a bullying fact sheet.**
- **Add language about bullying to Code of Conduct matrices.**
- **Have students sign no-bullying contracts.**
- **Support individual and group counseling for bullies, victims, and bystanders.**
- **Provide "safe" rooms for kids having problems.**
- **Keep unsupervised areas monitored.**



**Baltimore County Public Schools  
OFFICE OF SAFE & DRUG-FREE SCHOOLS  
OFFICE OF SCHOOL COUNSELING**



## **HARASSMENT AND INTIMIDATION (BULLYING)**

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**BALTIMORE COUNTY  
PUBLIC SCHOOLS**

## House Bill (HB 407) Safe Schools Reporting Act Of 2005

HB 407 was signed into law in July 2005 and required the Maryland State Department of Education to develop a form to be used to report all incidents of harassment or intimidation in schools. The form



identifies the victim and perpetrator, describes what happened, and what corrective action was taken by the school. Schools must complete and submit this form whenever there is a situation of bullying or harassment.

### What is Harassment?

Harassment is conduct that adversely affects a student's ability to participate in or benefit from the school's educational programs or activities because it is so severe, pervasive, or objectively offensive; and is based upon his or her actual or perceived identity with regard to race, color, national origin, gender, disability, sexual orientation, religion, or other identifying characteristic.

### What is Intimidation (Bullying)?

Intimidation (bullying) is repeated exposure over time to intentional negative actions or aggressive behavior on the part of one or more other students that adversely affects a student's ability to participate in and benefit from the school's educational program or activities. Bullying causes harm from repeated negative conduct in a relationship with an imbalance of power.

- Hitting, kicking, shoving, and other acts of physical aggression
- Taunting, teasing, name-calling
- Spreading rumors about others
- Excluding or ignoring others in a mean way
- Taking money or other belongings
- Threatening looks or gestures
- Sending mean e-mails or notes

## Cyber Bullying



Because of its difficulty to track, cyber bullying is rapidly becoming one of the more popular ways to bully. Instant messaging, text messaging, web pages, and e-mails via computers and cell phones are other popular methods that technology-savvy students are using to harass, bully, threaten, and intimidate peers. Youth who encounter a bully online should follow these guidelines:

- Do not respond.
- Do not delete the offending message.
- Preserve the evidence and tell an adult.

### Effects of Harassment & Intimidation



Bullying, a behavior once considered a rite of passage and harmless, research now suggests has far reaching effects on victims, bystanders, and perpetrators, including a decreased interest in school, a diminished sense of safety and well being. Statistics also suggest that school-aged bullying and harassment may be a gateway to the judicial system, as 60 percent of school-aged bullies commit crimes by adulthood.

The Baltimore County Public Schools implements the following programs and practices to address bullying and harassment in our schools:

- Student Behavior Handbook
- Schoolwide Codes of Conduct
- Character Education
- Health Curriculum (grades 2-8)
- School Counseling
- Positive Behavior Planning Guide
- Positive Behavior Interventions and Supports
- Behavior Programs (e.g. Second Step)
- Public Service Announcements
- Safe Schools Conference

## Warning Signs

A Child:

- Has torn, dirty, or wet clothes or damaged books, or "loses" things without being able to give a proper explanation of what has happened
- Has bruises, injuries, cuts, and scratches and cannot give a credible explanation for what caused them
- Loses interest in school and gets poorer grades
- Does not bring classmates home and rarely spends time with classmates after school
- Seems afraid or unwilling to go to school in the morning
- Chooses an "illogical" route to and from class or school
- Seems unhappy, downhearted, depressed, or has mood swings with sudden outbursts of irritation or anger
- Often has little appetite, headaches, or stomach aches
- Sleeps restlessly with nightmares and possibly cries in his/her sleep
- Steals or asks for money from members of the family (to soften up the bullies)

## Suggested Resources

### Books

Langan, Paul, [Bullying in Schools: What You Need to Know](#)  
*Bullying Is Not A Fact of Life*, U.S. Department of Health & Human Services  
*How to Establish a Character Education Program in Your School: A Handbook for Administrators*

### Websites

[www.stopbullyingnow.org](http://www.stopbullyingnow.org)  
[www.modelprograms.samhsa.gov](http://www.modelprograms.samhsa.gov)

### Violence Prevention Programs

BRAVE Program	PATHS
Bully-Proofing Your School	Second Step
Peacemakers	Success in Stages