



## SUGGESTIONS TO CURB BULLYING, HARASSMENT, OR INTIMIDATION

- Don't ignore name calling, teasing, and meanness.
- Model and teach appropriate behaviors.
- Survey students to see if bullying is an issue at your school.
- Educate students about bullying, including what to do if they are bullied or if they witness bullying.
- Have students sign no-bullying contracts.
- Support individual and group counseling for bullies, victims, and bystanders.
- Provide "safe" areas for kids having problems and a secure location to report bullying, harassment, or intimidation.
- Monitor all areas accessible to students.
- Help students practice appropriate ways of responding to bullying behaviors through activities like role playing and script writing.
- Encourage students who feel bullied to always travel with friends.
- Provide opportunities for character development, service learning, and team-building activities.

## SUGGESTED RESOURCES

### Books

- *Bullying Is Not a Fact of Life*, U.S. Department of Health and Human Services
- *Bullying in Schools: What You Need to Know* by Paul Langan
- *Character Matters: How to Help Our Children Develop Good Judgment, Integrity, and Other Essential Virtues* by Thomas Lickona
- *Discipline That Restores: Strategies to Create Respect, Cooperation, and Responsibility in the Classroom* by Ron and Roxanne Claassen
- *Smart and Good High Schools: Integrating Excellence and Ethics for Success in School, Work, and Beyond* by Matt Davidson and Thomas Lickona
- *The Little Book of Circle Processes* by Kay Pranis

### Programs

- *Second Step Violence Prevention Program*
- *Why Try? Program*

### Web Sites

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



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# Bullying, Harassment, or Intimidation

**Policy 5580: The Board of Education of Baltimore County prohibits students engaging in intentional conduct involving bullying, harassment, or intimidation that substantially interferes with a student's educational opportunities. The Board prohibits any reprisal or retaliation against an individual who reports an act of bullying, harassment, or intimidation.**

BALTIMORE COUNTY PUBLIC SCHOOLS  
OFFICE OF SAFE AND DRUG-FREE SCHOOLS  
OFFICE OF SCHOOL COUNSELING  
OFFICE OF HEALTH EDUCATION

**Dr. Joe A. Hairston, Superintendent**





## What is Bullying?

A person is bullied when he/she is exposed to intentional negative actions on the part of one or more students, and whose ability to participate in or benefit from the school's educational programs or activities is adversely affected. Bullying often occurs repeatedly and over time.



## What is Harassment?

A person is harassed when he/she perceives or actually experiences discomfort with identity issues in regard to race, color, national origin, gender, disability, sexual orientation, religion, or other identifying characteristics, and whose ability to participate in or benefit from the school's educational programs or activities is adversely affected.



## What is Retaliation?

Retaliation is an act of reprisal or getting back at a person for an act he/she has committed.

*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 and a diminished sense of safety and well-being. Statistics also suggest that school-aged bullying 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 a variety of programs and practices to address bullying in schools:

Student Handbook	School Code of Conduct
School Counseling	Character Education
Health Education Curriculum	Positive Behavior Programs
Public Service Announcements	Safe Schools Conference
Second Step Program	Why Try? Program
The Daily Rap Program	Community Conferencing

House Bill 407, the Safe Schools Reporting Act, was signed into law in July 2005. The law requires the Maryland State Department of Education to track instances of bullying in all of the school systems in its jurisdiction. A specially designed tracking form can be obtained in school offices or on the Baltimore County Public Schools' (BCPS) Web site under the "Parent" and "Student" tabs. The form should be completed by the student victim, parent, close relative, or school staff who witnesses the act of bullying and submitted to the school's administration so that appropriate action can be taken. Students involved in bullying situations at school should go to a trusted adult, such as a teacher, administrator, or school counselor for help.

\*The term bullying as it is used in this brochure refers to any act of bullying, harassment, or intimidation.



## What is Intimidation?

A person is intimidated when he/she is subjected to intentional action that seriously threatens and induces a sense of fear and/or inferiority, and whose ability to participate in or benefit from the school's educational programs or activities is adversely affected.



## What is Cyberbullying?

Cyberbullying is harassing, humiliating, intimidating, or threatening others through information and communication technologies such as mobile phone text messages, e-mails, phone calls, Internet chat rooms, instant text messaging, and social networking Web sites such as MySpace, FaceBook, and Twitter. Due to 24/7 access to technology, victims can be reached anytime and anyplace through these devices.

Youth who encounter a bully online should follow these guidelines:

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