

## HOW CAN BYSTANDERS HELP?

-Stand up for the target. If you feel safe, tell the aggressor(s) to stop. If you don't feel safe immediately go get help from the nearest adult.

-Report the incident to the administration.

-Show empathy for the target of aggression. Be friendly. Targets often need a peer support group to belong to. Students who have friends or a peer group are less likely to be a target of aggression.

## WHAT IF YOU ARE A TARGET?

-Know that you are not alone!

-It's not your fault!

-Report the incident of aggression to the nearest adult, school counselor, and the principal. By telling, the adults can create a safety plan for you and consequences for the aggressor(s). Remember by telling you may also be preventing the acts of aggression from happening to someone else.

## FOR MORE INFORMATION

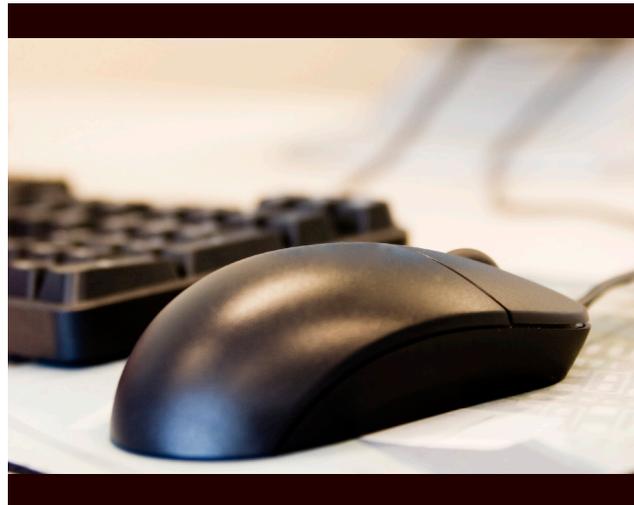
For district policies go to [www.meridianschools.org](http://www.meridianschools.org). From here click on Board of Trustees on the left hand side of the page. Once here, select Policy Manual and the following policies will be listed in numerical order:

- 502.90 Bullying
- 502.70 Harassment

Additional information about discipline procedures can be found in the student handbook. To locate the handbook, go to [www.meridianschools.org](http://www.meridianschools.org) and select the Students tab at the top of the page. From here, select Student Handbook on the left hand side of the page.

For cyberbullying prevention websites go to:

- [www.ConnectSafely.org](http://www.ConnectSafely.org)
- [www.iKeepSafe.org](http://www.iKeepSafe.org)
- [www.cyberbullying.us](http://www.cyberbullying.us)
- [www.guardingkids.com](http://www.guardingkids.com)



Sources for this brochure come from Idaho Code 16-1619, Idaho Code 18-917A, and District Policy 502.90, 502.70.



# STOP STUDENT AGGRESSION

Harassment  
Bullying,  
Cyberbullying,  
Peer Conflict

ELEMENTARY STUDENT BROCHURE  
JOINT SCHOOL DISTRICT NO. 2

## WHAT IS AGGRESSION?

Aggression is INTENTIONALLY harming another person.

## TYPES OF AGGRESSION

1. Conflict including:
  - \*verbal or physical fights,
  - \*disagreements,
  - \*arguments.
2. Bullying/Intimidation
3. Cyberbullying
4. Harassment

**Violence** = Physical Aggression

**Aggressor**= individual(s) who engage in conflict, bullying, intimidation, cyberbullying, or harassment.

**Target**=the person who is bullied/intimidated, cyberbullied, or harassed,

**Bystander**=a witness to a conflict, bullying, intimidation, cyberbullying, or harassment.

## PEER CONFLICT

- One time event or isolated event.
- Balance of power exists between students
- Is not a group of students picking on one student
- Students involved in conflict are willing to work out conflict OR leave each other alone

## BULLYING/INTIMIDATION

- Aggressive action carried out REPEATEDLY OVER TIME
- IMBALANCE of POWER
- INTENTIONAL, PLANNED, HARM
- Often unprovoked

## CYBERBULLYING

- Using an electronic device to bully another person. "Violence without marks."

## HARASSMENT

- Aggressive behavior focused on a student's race, national origin, religion, color, disability or sex.
- Aggressive behavior that is severe, persistent or pervasive enough to interfere with a student's ability to participate in or benefit from school.

## HOW CAN YOU KNOW IF THE ACT OF AGGRESSION IS A PEER CONFLICT, BULLYING OR HARASSMENT?

- Is this a one-time event?
- Is there an imbalance of power? Is one person more powerful than the other?
- Did the aggressor use technology?
- Is the aggression focused on the target's race, national origin, religion, color, disability or sex?

School administration and police will decide if the aggression fits the definition of bullying, intimidation, cyberbullying, harassment, violence, or is a type of peer conflict.

## ARE YOU A BULLY?

- Does it make you feel better to hurt other people or take their things?
- Are you more powerful or stronger than other people your age? Do you sometimes use your power and strength to get your way?
- Have you been bullied by someone in the past and feel like you have to make up for it by doing the same thing to others?

To get help to change your behavior, talk with your parents, school counselor or other trusted adult.