



# Help Keep Your School Safe

## Essential Information for High School Students

Tripping or pushing, spreading rumors, excluding a classmate, posting cruel or untrue statements about a classmate on social media – these are all types of bullying. Having one of these behaviors directed at you doesn't feel very good. Witnessing one of your classmates being treated this way doesn't feel very good, either. We can all help prevent bullying in our schools.

### Bullying

- Aggression toward another person that occurs repeatedly over time
- The harm is intentional and planned
- The aggression is usually unprovoked
- One person/persons who are the aggressors have more power than the victim of the aggression

### Cyberbullying

- Cyberbullying is bullying using technology (e-mail, text messaging, the internet, social media, etc.)

### Harassment

- Aggression focused on a student's race, national origin, religion, disability, or sex
- Aggression that is severe, persistent, or pervasive

Not all conflicts are bullying or harassment.

### Peer Conflict

- A one-time or isolated act of aggression between students
- The balance of power is equal or nearly equal between the students
- Peer conflict is not a group of students picking on one student
- Students involved in the conflict are willing to work out their differences or leave each other alone

## What Can You Do To Help Stop Bullying?

- Stand up for the victim and tell the bully to stop
- If you don't feel safe, seek adult help immediately
- Support the victim by being a friend
- Report the incident to your school principal or school counselor

## What If You are Being Bullied?

- Know you are not alone
- Tell the nearest adult, counselor, or principal what happened so that they can create a plan to keep you safe and provide consequences for the bully that will stop his or her behavior

## Need More Information?

Contact your school counselor or principal

District policies can be found at  
[www.westada.org](http://www.westada.org)

