

Bully-Proofing Our School

APS created a Bully Prevention Campaign to ensure that all of our students feel safe and understand the seriousness of bullying. Murphy Creel P-8 has defined bullying as *an ongoing behavior that is mean, unkind, or unpleasant to another. It is a purposeful attempt to hurt or harm someone else, either physically, emotionally, or psychologically.*

We want to continue to keep Murphy Creek P-8 a safe and caring school for all. When a student has displayed a bullying behavior, a three strikes Anti-Bullying policy will be in effect. The School Counselor will oversee and manage the following:

1st Offense: The student will...

- ❖ Received a formal warning and a parent/guardian contact will be done by the School Counselor.
- ❖ Write a letter of apology to the victim(s).
- ❖ Re-read the Bully-Proof Contract, which is signed at the beginning of the school year.
- ❖ Have a possible restitution activity assigned.
- ❖ Fill out the Anti-Bullying Refocus Form (Middle School)

2nd Offense: The student will...

- ❖ Write a letter of apology to the victim(s).
- ❖ Place a phone call to the parent with the School Counselor.
- ❖ Complete a restitution activity.

3rd Offense: The student will ...

- ❖ Write a letter of apology to the victim(s).
- ❖ Place a phone call to the parent with the School Counselor.
- ❖ Complete a restitution activity.
- ❖ Receive an office referral with the administrative action and consequence given.
- ❖ Receive a referral to a 4-week anti bullying program taught by the school counselor.

Restitution Activities are meant to help the student rebuild the school community as a whole and to learn from the experience. Examples include, but not limited to:

- ❖ Doing written observations of caring acts on the playground outside.
- ❖ Picking up trash on the playground during recess.
- ❖ Picking up and cleaning tables in the cafeteria during lunch.
- ❖ Making courtesy patrol.
- ❖ Assisting other students during lunch/recess.

- ❖ Talking to a class at his/her own grade level about bullying and the effects on the victim.
- ❖ Volunteering in a lower grade level.
- ❖ Assisting in cleaning the interior of the bus.
- ❖ Participating or assisting in a NO PLACE FOR HATE school activity/event/lesson.
- ❖ Assisting staff by organizing areas in the school, like the media center.

Murphy Creek P-8 will continue to implement the APS Bullying Prevention Campaign by asking all students to sign a Bully Proof Contract to indicate that they are aware of what behaviors constitute bullying. In addition, each class will receive a lesson(s) on how to prevent and understand bullying. Our students will learn the definition of bullying, bully behaviors, the roles of bullying, and the strategies of STOP, WALK, and TALK (hot to defend and get help).

Bully-Proof Contract

Murphy Creek P-8 School defines bullying as *any ongoing behavior that is mean, unkind, or unpleasant to another. It is a purposeful attempt to hurt or harm someone else, either physically, emotionally, or psychologically.*

Bullying includes, but is not limited to, the behaviors listed below:

Physical Bullying

- Pulling hair/pinching/tripping
- Shoving/twisting arms/kicking
- Punching/flivking/hitting
- Pushing someone
- Being overly aggressive
- Blocking another person's way
- Glaring/Staring/Eye rolling
- Purposely bumping into someone
- Taking/hiding/damaging someone's property
- Getting into another's space

Making Fun/Teasing/Taunting

- Laughing at someone
- Playing pranks/pestering/mimicking
- Using "just kidding" as a response to a hurtful tease
- Making negative remarks about the looks, abilities, or skills of another
- Making inappropriate remarks about another's family member or friends

Exclusion

- Saving seats/places in line
- Not giving others a chance to be involved
- Singling people out due to differences
- Telling secrets
- Talking behind people's backs
- Leaving a small number of people or individual out of an activity

Other Types of Bullying

- Put downs/insults
- Name calling
- Cussing/Using derogatory remarks/finding fault with others
- Starting or spreading rumors
- Non-verbal language

-Using words or actions to turn students
against other students

Cyber Bullying

- Sending mean, vulgar, or threatening messages or images
- Posting sensitive, private information about another person
- Pretending to be someone else in order to make that person look bad
- Intentionally excluding someone from an online group

**My signature indicates that I have read and understand the information given.
I'm willing to make a commitment to help keep my school a caring place.**

Student Name _____

Date_____

**My signature indicates that I have read this information and discussed it with
my child.**

Parent Name _____

Date _____

Contact Number _____