new york city COMMUNITY schools

PS 398
THE BEAVER BALANCE
Monthly Edition

OCTOBER
NATIONAL BULLYING PREVENTION MONTH



WHAT IS BULLYING?

Bullying is when someone hurts, scares, or teases another person on purpose, and keeps doing it over and over again when the other persons asks them to stop.

TYPES OF BULLYING & WHAT TO DO

1 PHYSICAL BULLYING

EXAMPLES:
- Hitting
- Kicking
- Pushing
- Damaging belongings

WHAT TO DO:
- Move to a safe place
- Stay near friends
- Tell an adult
- Do not fight back

2 VERBAL BULLYING

EXAMPLES:
- Name-calling
- Teasing
- Insults
- Hurtful comments

WHAT TO DO:
- Stay calm
- Walk away
- Say "Stop"
- Tell an adult

3 SOCIAL BULLYING

EXAMPLES:
- Leaving people out
- Spreading rumors
- Embarrassing others
- Gossiping

WHAT TO DO:
- Find kind friends
- Ignore rumors
- Tell an adult
- Include others

4 CYBERBULLYING

EXAMPLES:
- Mean messages
- Hurtful comments
- Online rumors
- Fake accounts

WHAT TO DO:
- Do not reply
- Take screenshots
- Block the person
- Tell an adult

5 THREATENING BEHAVIOR

EXAMPLES:
- Threats
- Intimidation
- Scaring others
- Aggressive behavior

WHAT TO DO:
- Get help right away
- Stay with trusted adults
- Report every threat
- Stay safe

6 PROPERTY BULLYING

EXAMPLES:
- Taking belongings
- Hiding belongings
- Breaking things
- Stealing

WHAT TO DO:
- Report it immediately
- Tell an adult
- Write down what happened
- Avoid confronting alone



HOW TO HELP

1. TALK & LISTEN



- Talk to your child
- Listen without judging
- Let them know it's not their fault

2. REASSURE & SUPPORT



- Reassure them they are not alone
- Build their confidence
- Encourage positive friendships

3. REPORT IT



- Report to a teacher, counselor or school authority
- Provide details
- Keep records

4. TEACH & EMPOWER



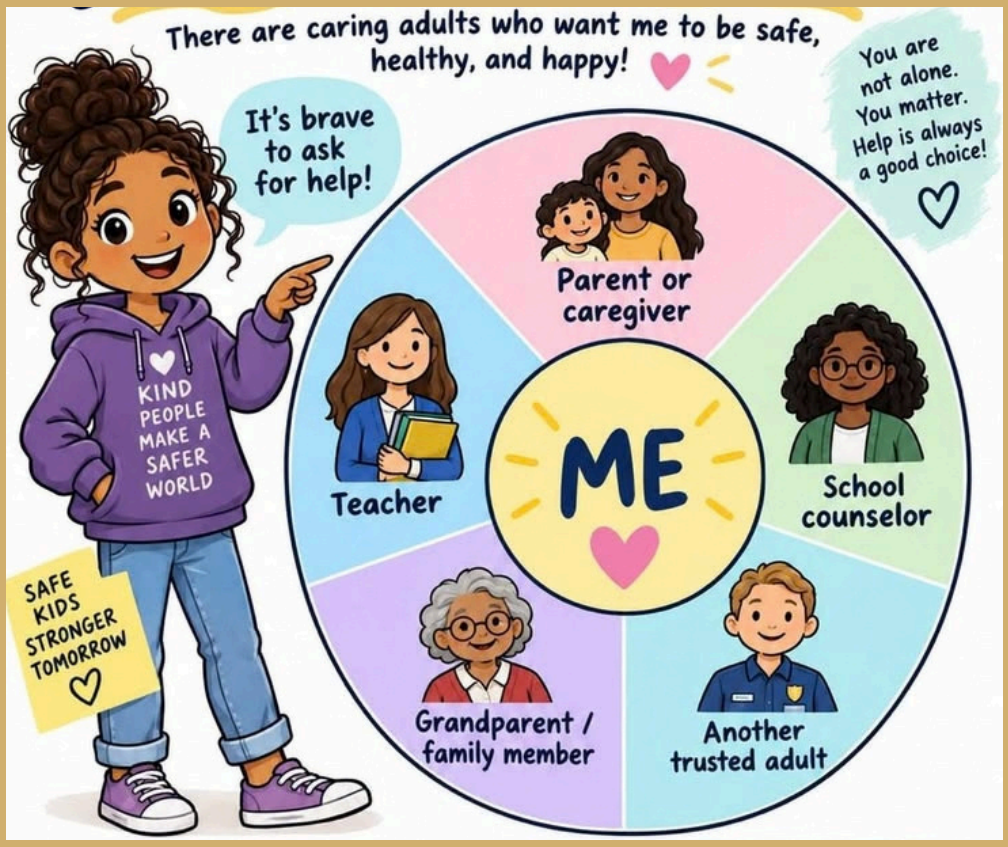
- Teach your child to say "STOP" firmly
- Walk away and get help
- Never retaliate

5. WORK TOGETHER

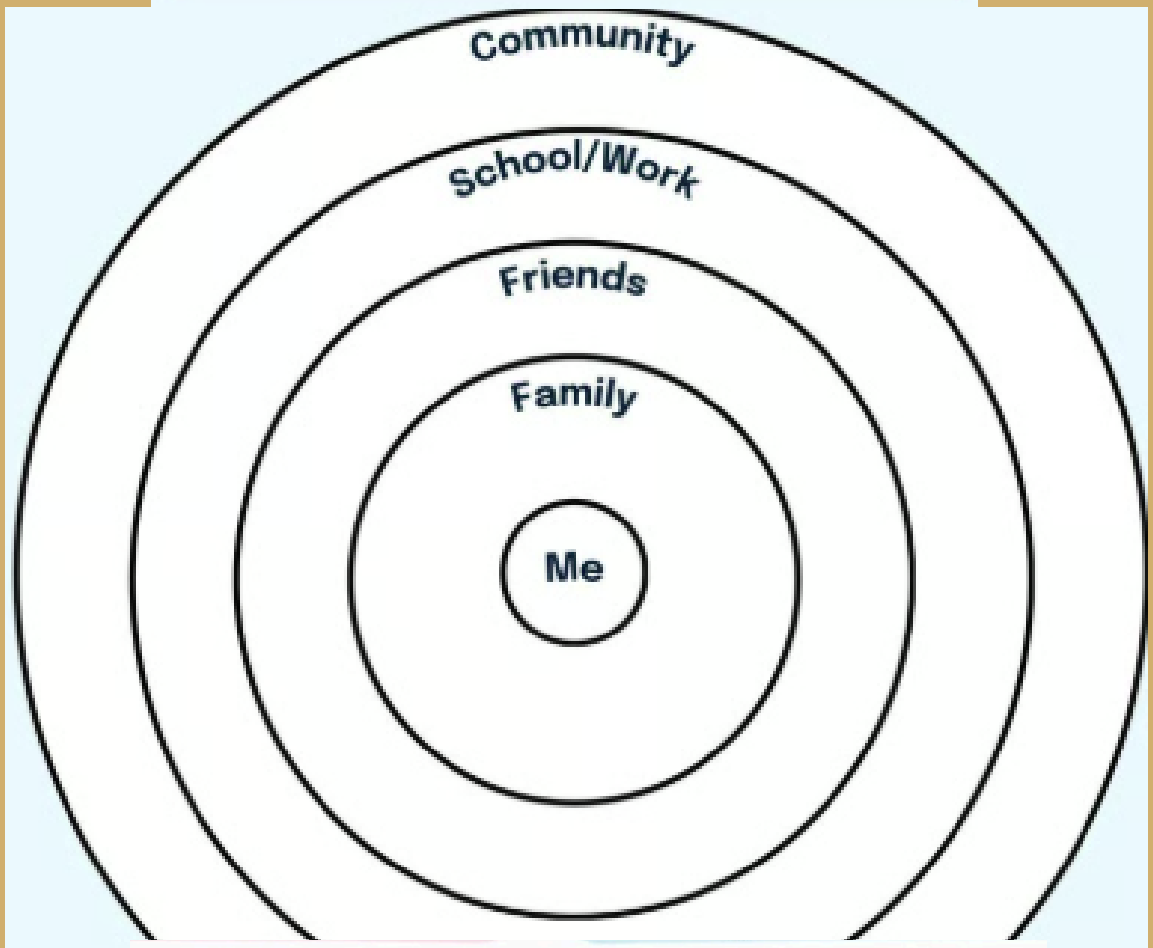


- Parents, teachers and students must work together
- Create a safe, kind and respectful school

Example: Create a Circle of Safety with your child.



_____'s Circle of Safety



BRAVE KIDS ASK FOR HELP!