

### What Parents Can Do, Continued:

- Tell the school administrator if you think your child has been a target of bullying behavior
- Use non-physical and consistently enforced discipline (as opposed to ridiculing, yelling, and shaming)
- Arrange a conference with your child's teacher, counselor, or administrator to work together to solve the problem
- Contact law enforcement if a situation occurs outside of school

### What Carroll County Public Schools Are Doing to Create Positive Learning Environments:

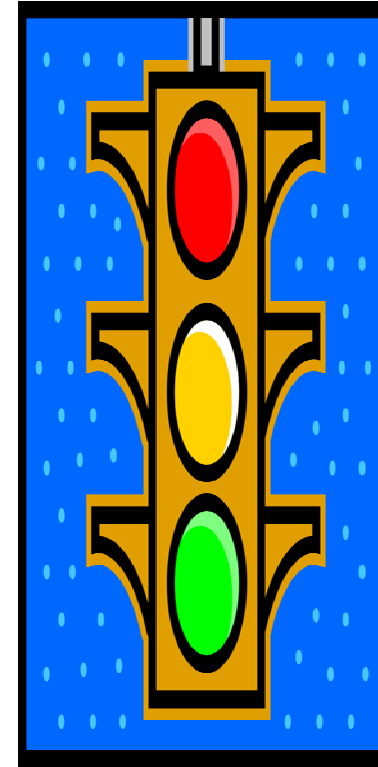
- Establishment of clear behavioral expectations that reinforce school bullying policies
- Promotion of character education and multicultural programs that encourage respect and caring for others
- Implementation of appropriate consequences/disciplinary action as necessary
- Availability of school personnel to address bullying concerns shared by students or parents

### School and Community Resources:

#### What You Can Do If You Have Concerns About Bullying Behavior

- Contact the school counselor or school administrator to share your concerns; reporting forms are available in school counseling offices, administrative offices, and health suites where you can provide a written account of school-related concerns; counselors and administrators will work promptly with you to address bullying issues
- Contact the Community Conference of Carroll County (410-848-6100), housed in the office of Junction Inc. in Westminster, for opportunities to resolve community conflicts
- Contact Law Enforcement Agencies for incidents occurring outside of school
- Contact *Get Connected* (410-871-0008) for additional counseling or community resources ([www.getconnectedcc.org](http://www.getconnectedcc.org))
- Visit the site [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov) for more tips and resources

# Together We Can Stop Bullying!



You are not alone!

We can work together!

You can do something about it!

Student Services Department  
Carroll County Public Schools  
125 North Court Street  
Westminster, Maryland 21157  
[www.carrollk12.org](http://www.carrollk12.org)



# Together We Can Stop Bullying

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## Background:

The Board of Education of Carroll County is committed to establishing and promoting a safe, non-threatening environment for all students to learn. Therefore, the Board will not tolerate any acts of bullying, harassment, intimidation, discrimination, or hazing on the part of students or employees.

## Definitions:

Bullying, harassment, or intimidation means intentional conduct, including verbal, physical, or written conduct or an intentional electronic communication that creates a hostile environment and which interferes with a student's physical or psychological well-being.

## Examples of Bullying Behaviors :

- Physical violence or attacks
- Spreading rumors
- Name-calling, put-downs, ridiculing
- Threats and intimidation
- Extortion or theft
- Deliberate exclusion from a peer group

## Warning Signs of Bullying:

- Reluctance to attend school activities
- Unexplainable drop in academic performance
- Avoidance of the school cafeteria or playground
- Reluctance to walk to or from school
- Reluctance to talk about what's happening at school
- Torn clothing
- Headaches, stomachaches, or other unexplainable illnesses
- Changes in sleep patterns
- Sad or depressed demeanor and/or unexplained anger outbursts
- Loss of interest in activities formerly enjoyed

## Harmful Effects of Bullying:

- School avoidance, truancy
- Lowered grades, reduced learning
- Lowered self-esteem and lowered self-confidence
- Physical illness
- Anxiety, depression

## What Students Can Do:

- Remain calm and stay in control of your emotions; avoid physical contact if possible
- Act confidently—stand up tall, speak in a friendly, firm voice
- Use specific "I-messages" such as "I don't like it when you\_\_\_\_, and I want you to stop."
- Find allies/buddies who can provide support
- Seek the help of an adult and report bullying behaviors
- Speak up on behalf of others being targeted
- Refrain from participating in the laughing at or teasing of others
- Show respect for all people regardless of their differences

## What Parents Can Do:

- Listen to your child and encourage discussions about the school day
- Take complaints of intimidation seriously
- Watch for symptoms such as social withdrawal, drop in grades, and school avoidance

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