CUSD

is dedicated to ensuring students and employees have a safe and supportive school-learning environment that protects from physical and emotional harm. Recognizing that bullying can occur in any school or online, CUSD has established programs, policies and procedures to support students, families and staff.

What is Bullying?

Pervasive	Intimidating	Escalating

Bullying = Intentionally aggressive behavior, repeated over time, that involves an imbalance of power.

BULLYING IS DIFFERENT THAN MEAN OR RUDE BEHAVIOR IN THREE IMPORTANT WAYS

REPETITIVE: It is a pattern. The bully keeps hurting the target(s) over and over again, despite being asked to stop.

IMBALANCE of POWER: The bully has more control or influence than the target. May be stronger, older, bigger, more connected.

ON PURPOSE: The bully is intends to harm or upset the target. There is nothing "accidental" or "unplanned" about bullying.

THE MOST COMMON FORM OF BULLYING IS WRITING OR SAYING MEAN THINGS:

" I don't like your short hair; you look like a boy "

" Why did you wear that dress? "

" You can't wear that shirt ever again because I have it and it looks better on me "

" You suck at soccer "

SOCIAL BULLYING: An individual or group makes a student feel excluded or humiliated. It may involve spreading rumors or manipulating friends and relationships.

PHYSICAL BULLYING: Involves hitting, shoving, kicking, pinching, or threatening to hurt someone.

What is Cyberbullying?

Cyberbullying is the misuse of online technology to harass, intimidate, tease, embarrass, threaten, or target another student or staff member through any digital device. It can occur through sending or posting an inappropriate or derogatory email, text, or instant message, tweet, voice message, digital picture, video or image, or a social media posting. The effect physically, emotionally, or mentally harms a student or staff member.

EXAMPLES OF CYBERBULLYING*

- A group of kids posting hurtful things about someone to other kids
- Sending neutral messages to someone to the point of harassment
- Posting hurtful things about someone on social media
- Spreading rumors or gossip about someone online

- Making fun of someone in an online chat that includes multiple people
- Attacking or killing an avatar or character in an online game, constantly and on purpose
- Pretending to be another person by creating a fake online profile
- Threatening or intimidating someone online or in a text message

Source: Understood.org