



A bullying prevention program

BULLY BULLETIN



An initiative of the Highmark Foundation



A NEWSLETTER FOR Moon Area School District PARENTS

ISSUE 3

Dear Parent,

Bullying is a pervasive phenomenon that has significant, long-term effects on all involved. The Highmark Foundation recognizes that schools, parents, and communities must work together to put an end to bullying; and, through the Highmark Healthy High 5 initiative, it has supported programs to aid Pennsylvania schools in their bullying prevention efforts.

With your assistance at home and within the community, we believe we can develop a school structure that promotes understanding and honors dignity and respect.

Sincerely,

Yvonne Cook

President, Highmark Foundation

Bullying Takes Many Forms

Traditionally, bullying has involved actions such as: hitting or punching (physical bullying), teasing or name-calling (verbal bullying), or intimidation through gestures or social exclusion. In recent years, technology has given children and youth a new means of bullying each other.



Cyber bullying can involve:

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

Children and youth can cyber bully each other through:

- e-mails
- instant messaging
- text or digital imaging messages sent on cell phones
- web pages
- web logs (blogs)
- chat rooms or discussion groups, and other information communication technologies.

While some believe that social exclusion or bullying by technology is less harmful than physical bullying, that is incorrect. No form of bullying is inherently "less harmful."

Source: www.StopBullyingNow.hrsa.gov

Think About It

"If you judge people, you have not time to love them."

Mother Teresa,
1910-1997

Albanian Catholic nun, humanitarian, and Nobel Peace Prize recipient

What would happen if everyone judged others less? How can you practice not judging people?

Source:
T.R.U.E. Cards...Life Lessons
Heartwood Institute
www.heartwoodethics.org

Additional Resources

www.cyberbully.org

This website is provided by the Center for Safe and Responsible Internet Use. CSRUI provides resources for educators and others to promote the safe and responsible use of the Internet.

www.isafe.org

i-SAFE Inc. is a non-profit foundation whose mission is to educate and empower youth to safely and responsibly take control of their Internet experiences.

<http://www.ncpc.org>

As the nation's focal point for crime prevention, the National Crime Prevention Council's (NCPC) mission is to prevent crime and build safer, more caring communities. This organization is known for its award-winning public service advertising campaign symbolized by McGruff the Crime Dog. It provides training and technical assistance to schools and communities, demonstration programs for youth, publications, and more.

Moon Area Olweus Bullying Prevention Program

Working together, we will make a difference saying “no to bullying” and “yes to doing the right thing.”

Tips for Parents

Bystanders often play a significant role in bullying situations. If your children **see bullying happen**, they have some options.

- Don't laugh and join in when you see bullying happen—this makes you part of the problem.
- If you feel safe, tell the bully to STOP! Say that you don't like it and that it isn't funny.
- Don't bully back! It won't help if you use mean names or actions, and it might make things worse.
- If you don't feel safe enough to tell the bully to stop, you could say nice words to the child who is being bullied, such as “I'm sorry this happened to you” or “I don't like what is happening.”
- Encourage the bullied child to talk to someone at school about what is happening and offer to go along with them.
- Encourage other bystanders not to laugh or join in; encourage others to do the right things when they see bullying.
- Most importantly: Tell an adult (at school and at home) if you see bullying happen.

Source: www.stopbullyingnow.hrsa.gov

Made Possible By Highmark Healthy High 5

Highmark Healthy High 5, an initiative of the Highmark Foundation, has a mission to promote lifelong healthy behaviors in children and adolescents ages 6-18 within the Foundation's 49-county, Pennsylvania service area. The initiative centers around five areas of focus critical to children's health—Nutrition, Physical Activity, Grieving, Self-Esteem, and Bullying Prevention.

The HALT! and PA CARES bullying prevention programs are funded exclusively through Highmark Healthy High 5.

For more information, visit www.highmarkhealthyhigh5.org.

