

VCA Anti-Bullying Policy

At VCA we encourage each other, include others, and stand up for one another. In order for bullying to happen there will always be more than one person involved: The Bully, the Target, the Bystander, and the Witness will all be present. The Bully is someone who is doing something mean to others, in order to intimidate them or make them feel bad about themselves. The Target is the person who is being bullied. The Bystander is the person who stands by, watching what is going on without doing something to help or stop the situation. And the Witness is someone who gives or gets help for the Target. It takes each person doing their part to make bullying stop. The Bully needs to be confronted and told his/her behavior is not welcome, and will not be tolerated. The Target needs support to stand up for him/herself. The Bystander needs to stop standing by, and simply watching. The Witness needs to step in and help confront the bully or get an adult to help.

Students sometimes confuse *telling* and *tattling*. *Telling* an adult about a problem, in order to help someone get out of trouble, is what we want students to do. *Tattling* on someone, in order to get them in trouble, is never okay.

Five key areas which have been identified by the VCA 5th Grade Anti-Bullying Team will help our students know what to do when they encounter a bully:

1. Mean Talk and Spreading Rumors:

Definition – telling someone to his/her face or behind his/her back something that will hurt his/her feelings, make him/her feel bad about him/herself, or make others think badly about him/her.

- Do's:
 - Only speak kind words to others and about others
 - Stick up for someone who is being talked badly about or to whom bad things are being spoken
 - Get a teacher to help
- Don'ts:
 - Tell other students what they said
 - Participate in the rumor
 - Speak badly about others or to others

2. Being Mean to Others:

Definition – doing something to someone that will intentionally hurt his/her body or his/her feelings.

- Do's:
 - Be kind to others
 - Stand up for others
 - Get a teacher to help
- Don'ts:
 - Be mean to others
 - Help the bully be mean to others
 - Stay quiet while someone is being mean

3. Problems at Recess:

Definition – not allowing others to play what they want or with whom they want to play.

- Do's:

- Stick up for the Target
- Help the Target by inviting him/her to play with you
- Get a teacher to help
- Don'ts:
 - Watch someone get bullied and do nothing to help
 - Think you can't make a difference – let a teacher know
 - Keep it to yourself

4. Problems on Field Trips:

Definition – fighting and forcing on others what you want to do.

- Do's:
 - Listen to what others want, and vote on what the entire groups wants
 - Keep your hands to yourself
 - Obey and listen to the driver the first time
- Don'ts:
 - Fight
 - Run away from the group
 - Make a mess in the car or litter on the ground

5. Problems in the Bathroom:

Definition – intruding on one's privacy or scaring someone in the bathroom.

- Do's:
 - Give people their privacy
 - Help the Target by telling others to stop what they are doing
 - Get a teacher to help
- Don'ts:
 - Keep it to yourself – tell a teacher
 - Turn off lights when someone is still in the bathroom
 - Go into the stall when someone is using it, or peek underneath the door

I Promise to Obey the Rules Stated Above and:

- I WILL SPEAK up instead of acting as a bystander.
- I WILL CHOOSE to participate in activities that don't involve teasing.
- I WILL FORGIVE others if they make poor choices.
- I WILL MODEL good behavior.
- I WILL ACCEPT others for their differences.
- I WILL INCLUDE others in group situations.
- I WILL TALK to an adult when there is a problem I cannot manage on my own.
- I AM powerful in making a difference in my school.

Student's Name

Student's Signature