

Bullying Prevention Resources

At Moneta Elementary, we are committed to creating a safe, supportive, and inclusive environment for all students. Below, you will find valuable information and resources aimed at preventing bullying and fostering a culture of kindness and respect.

What is Bullying?

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Types of Bullying

Verbal Bullying: Saying or writing mean things.

Social Bullying: Hurting someone's reputation or relationships

Physical Bullying: Hurting a person's body or possessions.

Cyberbullying: This form of bullying occurs online or through smartphones and tablets. Cyberbullying includes sending mean texts, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

Prevention Strategies

For Students:

- Speak Up
- Talk to someone you trust, like a teacher, school counselor, or parent, if you see or experience bullying.
- Be a Buddy: If you see someone being bullied, be their friend. You could walk with them at recess or sit with them at lunch.
- Promote Inclusion: Include others who may be left out or who are new to the school.

For Parents:

- Recognize the Signs: Learn the signs of bullying and ask your children about their day.
- Communicate: Talk with your child about bullying. Explain that bullying is unacceptable.
- Encourage Empathy: Discuss feelings and how bullying hurts others.

Useful Links:

- [StopBullying.gov](<https://www.stopbullying.gov>): A federal government website managed by the U.S. Department of Health & Human Services.
- [PACER's National Bullying Prevention Center](<http://www.pacer.org/bullying/>): Provides resources designed to benefit all students, including those with disabilities.

Remember, you are not alone. Together, we can stop bullying by standing up, speaking out, and being supportive. Let's make Moneta Elementary a safe space for everyone!**