



## Tips for Parents

If you suspect your child is being bullied, what can you do?

- Talk with your child, listen, and be supportive.
- Keep a written record of bullying incidents (who, when, where, what/type of incident).
- Contact your child's guidance counselor and/or principal and remember that there are always several sides to a story.
- Contact the police about cyber bullying.
- Be sure your child understands that bullying is not a one-time incident, but rather a pattern of repeated behavior.
- Encourage your child to fill out a bullying card located in various classrooms, the main office, and the guidance office.

**Bullying Incident Report**

**Victim(s):** \_\_\_\_\_

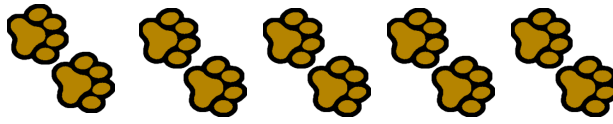
**Bully(ies):** \_\_\_\_\_

**Behavior Observed (Please check all that apply):**

Verbal Attack       Racial Harassment       Intimidation  
 Written Attack       Physical Attack       Other  
 Dressing/Retrieving       Sexual Harassment  
 Describe Incident: \_\_\_\_\_

**Your Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please do not print your name on this form.



## Contact Information NMS Anti-Bullying Committee

Mr. Michael Alessandrone, Principal  
 Mrs. Christine Rine, Assistant Principal  
 Mr. Matthew Hart, School Counselor  
 Mrs. Dana Godfrey, School Counselor  
 Mrs. Sara Dorward, Green Team Teacher  
 Mrs. Jen Gerber, Blue Team Teacher  
 Mrs. Lindsey Rebuck, Gold Team Teacher  
 Mrs. Colleen Walker, Yellow Team Teacher  
 Mr. Charlie Lenhart, Orange Team Teacher

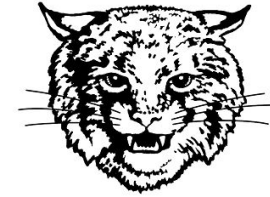
## *The Bobcat Way:*

***100% of our students will graduate and be fully prepared for a post-secondary education.***



Northeastern Middle School  
 4855 Board Road  
 Mt. Wolf, PA 17347  
 Phone: (717) 266-3676  
 Fax: (717) 266-9735  
 Web: [www.nesd.k12.pa.us](http://www.nesd.k12.pa.us)

# Northeastern Middle School



## BULLYING PREVENTION PROGRAM



Anti-Defamation League

*Northeastern Middle School has been recognized by the Anti-Defamation League as a No Place for Hate school every year since 2007!*



## DEFINITION

A student is being bullied when he/she is repeatedly exposed to negative actions by another student or other student that results in an imbalance of power. Bullying can take many forms, all of which are unwanted and can have harmful effects. Bullying behaviors (direct or indirect) can be physical, verbal, written, emotional, and/or cyber.



**Physical** – hitting, kicking, spitting, pushing, stealing and/or damaging personal belongings, sexual acts, and invasion of one’s personal space in an aggressive manner.

**Verbal/Written** – taunting, malicious teasing, name calling, making threats (including phone and internet), and sexual remarks.

**Emotional** – spreading rumors, manipulating social relationships or environments, engaging in social exclusion, extortion, ridiculing, and intimidating.

**Cyber** – intentional electronic act or series of acts that are 1) directed at another student(s); 2) occur in the school setting; 3) are severe, persistent and pervasive; AND have the effect of doing at least one of the following: substantially interfering with a student's education, creating a threatening environment, or substantially disrupting the orderly operation of the school.



## WARNING SIGNS

- ◆ Loses interest in school and/or grades drop.
- ◆ Seems afraid of going to school and/or attendance drops.
- ◆ Appears sad, depressed, anxious, and moody.
- ◆ Complains of physical ailments, loss of appetite, and/or inability to sleep.
- ◆ Has unexplained cuts, bruises, and tears in clothing.
- ◆ Changes route to and from school.
- ◆ Has few friends with whom he/she spends time.



## OLWEUS PROGRAM

The nationally-recognized Olweus Bullying Prevention Program was adopted by Northeastern Middle School in 2001 and a committee was established to run the program. The Anti-Bullying Committee consists of teachers, guidance counselors, administrators, and parents who have been trained to participate in this program. Bullying cards and boxes are located in classrooms and offices for students to complete when they feel bullied or witness bullying. (Cards may be completed anonymously.) The committee meets every week to review bullying cards and survey data, meet with bullies and victims, and plan anti-bullying events such as school assemblies. The committee also contacts parents of bullies and their victims and issues consequences when appropriate.

**Consequences for bullying are outlined in the student handbook located within the student agenda.**

**Program Mission:** to make our school a safe and positive place to learn.

**Program Goal:** to reduce and prevent bullying problems among students and improve peer relations.