

What to Do When Someone is Being Bullied

- **Take a stand and do not join in.** Make it clear that you do not support what is going on.
- **Do not watch someone being bullied.** If you feel safe, tell the person to stop. If you do not feel safe saying something, walk away and get others to do the same. If you walk away and do not join in, you have taken their audience and power away.
- **Support the person being bullied.** Tell them that you are there to help. Offer to either go with them to report the bullying or report it for them.



- **Talk to an adult you trust.** Talking to someone could help you figure out the best ways to deal with the problem. Reach out to a parent, teacher or another adult who you trust to discuss the problem, especially if you feel like someone may be at risk of serious harm to themselves or others.

What to Do When You Are Being Bullied

The first priority is always your safety. Here are some strategies for you to consider:

- **Tell the bully to stop.**
- **Walk away.** Do not let them get to you. If you walk away or ignore them, they will not get that satisfaction.
- **Protect yourself.** Sometimes you cannot walk away. If you are being physically hurt, protect yourself so that you can get away.
- **Tell an adult you trust.** Talking to someone could help you figure out the best ways to deal with the problem. In some cases, adults need to get involved for the bullying to stop.
- **Find a safe place.** Go to a place where you feel safe and secure like the library, a favorite teacher's classroom or the office.
- **Stick together.** Stay with a group or individuals who you trust.
- **Find opportunities to make new friends.** Explore your interests and join school or community activities such as sports, drama or art. Volunteer or participate in community service.

Learn more
about bullying prevention at
www.stopbullying.gov.



Bullying Prevention



in the
Long Beach
Unified School District

School Board Policy

The Long Beach Unified School District Board of Education has adopted a policy recognizing the harmful effects of bullying on student learning. This policy states that "no student or group of students shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, cyberbully, cause bodily injury to, or commit hate violence against any other student or school personnel."

The school district's anti-bullying policy also provides details on bullying prevention, intervention and student discipline. Any student who engages in bullying on school premises, or off campus in a manner that causes or is likely to cause a substantial disruption of school activities or school attendance, shall be subject to discipline, which may include suspension or expulsion.

To report an incidence and/or to receive a copy of the district's anti-discrimination, anti-harassment, anti-intimidation, and anti-bullying policies, contact the Director, Office of the Deputy Superintendent at 1515 Hughes Way, Long Beach, CA 90810; telephone: (562) 997-8108.

Bullying Defined

Bullying is a serious problem that can happen anywhere. It is not a phase children and teens have to go through, it is not "just messing around," and it is not simply something to grow out of. Bullying can cause serious and lasting harm. Bullying will not be tolerated in school.

*"A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending themselves."
(D. Olweus)*

Bullying involves:

- **Imbalance of Power**
People who bully use their power to control or harm, and the people being bullied may have a hard time defending themselves.
- **Intent to Cause Harm**
Actions done by accident are not bullying; the person bullying has a goal to cause harm.
- **Repetition**
Incidents of bullying happen to the same person over and over by the same person or group.

Types of Bullying

Bullying can take many forms. Examples include:

- **Verbal**
Name-calling, teasing
- **Social**
Spreading rumors, leaving people out on purpose, breaking up friendships
- **Physical**
Hitting, punching, shoving
- **Cyberbullying**
Using the Internet, mobile phones or other digital technologies to harm others

