



Facts

More families own pets than students that feel respected among peers.

Definition & Types of Bullying

- Bullying involves a real or perceived power imbalance
- Aggressive behavior that involves unwanted, negative actions
- Bullying creates an objectively hostile school environment
- May be repeated, but not necessarily
- Teasing
- Talking about hurting someone
- Spreading rumors (in person or by electronic means)
- Leaving kids out on purpose
- Attacking someone by hitting them or yelling at them

Urbandale Middle School

**No Bullying =
More Respect**

In the spring of 2012, on a student climate survey students reported that only 43.1% feel they are respected by their peers all or most of the time. Although bullying happens at any grade level, it is usually at its worst among middle schools. According to a national survey, “56% of students have personally felt some sort of bullying at school. Between 4th and 8th grade in particular, 90% of students are victims of bullying.” Our mission is to increase student respect by paying special attention to bullying awareness, through educating students on the three different roles they play in bullying,

Urbandale Middle School

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Helpful Links

School Policy:

<http://www.urbandaleschools.com/handbooks.php?q=bullying&sa.x=o&sa.y=o>

Government Anti-Bullying Website:

<http://www.stopbullying.gov/>

Cyber-Bullying:

<http://www.cyberbullying.us/>

Parent Advice:

<http://www.stopbullyingnow.com/parents.htm>

<http://www.education.com/topic/school-bullying-teasing/>

http://www.aacap.org/cs/root/facts_for_families/bullying

LGBTQ Website:

<http://www.itgetsbetter.org/>

Cyber-bullying

Cyber-bullying is a growing problem in all areas of life for teenagers. Though cyber-bullying is discussed at school through the Life Skills class and advisory, there are many steps parents can take at home as well. Officer Vajgrt, school resource officer, suggests the following:

- Monitor text messages your child sends, have random 'checks' for the appropriateness of the texts your child is sending.
- Parents should know passwords and monitor all social media accounts such as Facebook if your child has one.
- Many times students will have multiple accounts on Facebook...one for at home and another for at school. Check for multiple accounts by searching your child's name.
- Parents need to stay educated on technology and be aware of what your child is posting. Watch for free community workshops on cyber-bullying and protecting your child online.



6th Grade: Life Skills Class

-Guidance Counseling Staff (Ashley Danner, Anne Abbott-Lewis, Carrie Laizure)

All sixth grade students take a Life Skills class for one quarter during the school year. Among other important units such as organizational skills and peer pressure, the counselors do an excellent job of educating our students about bullying. Students learn the three roles students play in bullying:

- Target
- Bully
- Bystander

Special attention is spent on the "bystander" and what they can do to help. Bystanders are encouraged to stand up for friends and classmates by either addressing the situation or finding an adult to inform about the situation. Bystanders who walk away without any mention of the situation are not helping us solve the problem of bullying.

During the two-week unit, students are engaged about the following:

- Read stories and watch video clips to identify the three different roles students play and have class discussions about the different types of bullying
- Rumors/gossip
- Teasing vs. taunting
- Cyber-bullying
- Why do bullies "bully"?
- Harassment & sexual harassment

Seventh and eighth grade students also receive refresher lessons once a year by the counseling staff. As parents, you can help by reinforcing what students learn at school about bullying by having conversations with your children. For more information, please check out the helpful links included on this brochure.

