

## What is your child's school doing?

Research shows that bullying and harassment occur in all schools. Vancouver Public Schools has developed a Safe & Supportive Learning Environments Initiative that includes specific strategies for both students and staff at our schools.

To learn more about our Safe & Supportive Schools approach contact the principal or counselor at your child's school.



## More information can be found on the following websites:

Committee for Children  
[www.cfchildren.org](http://www.cfchildren.org)

Positive Behavioral  
Intervention and Supports  
[www.pbis.org](http://www.pbis.org)

School Safety Center at OSPI  
[www.k12.wa.us](http://www.k12.wa.us)



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Vancouver, WA 98668-8937  
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[www.vansd.org](http://www.vansd.org)

# Bullying and Harassment at School



## Safe and Supportive Learning Environments



## Who is at risk?

Bullies tend to look for kids that are less well socially connected. Some students who are isolated or lack social awareness may be attractive to bullies.

## What is bullying?

Bullying occurs out of a need for strength and power over others. They are often less caring toward others. Both boys and girls bully.

Bullying seems to peak in the middle school years, and it may take the form of sexual harassment in high school.



## Bullying and harassing are more than teasing

Teasing may be a part of the bullying, but bullying goes beyond teasing. It is an intentional, repeated pattern of behavior meant to hurt, embarrass, and frighten others.

Bullying is a form of youth violence. It can take many forms, such as hitting, mean teasing, intimidation through gestures or social exclusion.

Bullying and harassment can occur in person or through technology.



## What can you do?

Listen to your child's concern.

Find out exactly what your child has experienced.

Encourage your child to stay away from the bully and stick with friends. Friends can support each other.

Encourage your child to ignore the bully and walk away. It is not as much fun to bully someone who doesn't react.

If you or your child believes they are unsafe or in a pattern of getting picked on/bullied it is important to call your child's teacher or the principal.