

# COUNSELOR'S CORNER

## BULLYING EDUCATION AND PREVENTION

During the month of February, we will be learning about bullying and ways to prevent it. Students will learn that bullying is being mean to another kid over and over again. Bullying often includes:

- **Teasing**
- **Talking about hurting someone**
- **Spreading rumors**
- **Leaving kids out on purpose**
- **Attacking someone by hitting them or yelling at them**

Students will also learn that bullying is never ok. Bullies are usually trying to get attention, make friends, be popular, or feel important. Bullies often pick on someone they think they can have power over. They might pick on kids who get upset easily, have trouble standing up for themselves, are perceived to be smarter than them, or who are different from them.

Students will learn the following strategies for dealing with a bully:

- **Ignore the bully-** Bullies are usually looking for a big reaction, so ignoring the bully can sometimes stop the bullying behavior.
- **Stand up for yourself-** Using a confident voice telling a bully to, "Stop", can keep bullies away. Bullies tend to pick on kids who don't stick up for themselves.
- **Avoid the bully-** Stay away from the bully as much as possible.
- **Don't Bully Back-** Fighting back satisfies a bully and can be unsafe.
- **Don't show your feelings-** Waiting until you are in a safe situation to show your feelings will prevent a big reaction the bully wants.
- **Tell an adult-** It is very important to tell an adult if you are being bullied! Speaking up to a trusted adult is sometimes the only way to stop bullying.
- **Be an active bystander-** As a bystander, it is usually easier to ignore the bully. However, if safe, we should try to stand up for the victim. If not safe, we can later offer to be a buddy to the victim so that they don't have to walk alone; bullies tend to pick on kids when they are alone. We can also always ask an adult for help.

At Heritage Elementary, we take bullying prevention seriously by enforcing the school rules of safety and respect. The school-wide Bucket Filling Program is another way we work to restrict bullying. It is a positive character education program that promotes kind and thoughtful behaviors.

During the month of February, students will create a Garden of Kindness during their class lessons. The garden will be displayed in the hallway as a daily reminder of each student's commitment to stand up against bullies and be a Bucket Filler!

**February**



**Prevent  
Bullying with  
a Garden of  
Kindness**

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Parents! Don't forget to  
print the bookmark for  
you students!