



## The Pledge to End Bullying Contract

Please read and discuss with your student the definition of bullying, each consequence of bullying, and the pledge to end bullying at our school.

**Definition:** Bullying is an ongoing, developmentally inappropriate, intentional, abusive or aggressive behavior; physical, verbal or written; that makes the victim feel humiliated and/or afraid. Examples may include, but are not limited to:

<ul style="list-style-type: none"><li>• Name calling</li><li>• Pushing</li><li>• Tripping</li><li>• Kicking</li><li>• Hitting</li></ul>	<ul style="list-style-type: none"><li>• Intimidating</li><li>• Excluding</li><li>• Spreading Rumors</li><li>• Threatening</li><li>• Spitting</li></ul>	<ul style="list-style-type: none"><li>• Fighting/Instigating a Fight</li><li>• Teasing</li><li>• Cyber Bullying</li></ul>
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### Consequences:

1. **Warning and parental contact:** Office personnel will call guardians to inform them that their student has received a warning for bullying.
2. **Meeting with Head of School and guardians, Student Success Team referral and one day out of school suspension.** Head of School will phone parents to set up a meeting. Meeting will take place within two days of the incident. During the meeting, there will be a review of the definition of bullying and the consequences for bullying activities. The student's classroom teacher will complete paperwork to begin the SST process. The suspension will be served out of school and the absence will be recorded as unexcused.
3. **Three days of out of school suspension, expulsion considered.**  
*\*\* Disciplinary actions from items #2-3 will be recorded in permanent files.*

By signing this pledge, I agree to treat others respectfully, try to include others who are left out, refuse to bully others, refuse to watch, laugh or join in when someone is being bullied, tell an adult, and help those who are being bullied.

Please sign and return this form no later than September 20, 2018. An electronic signature form can be found on our school website ([sseschool.org](http://sseschool.org)) under "Family Center" and the "Information and Forms".

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**Student Name**

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**Student Signature**

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**Date**

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**Guardian Name**

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**Guardian Signature**

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**Date**



## **What Kids Can Do**

Information from StopBullying.gov

### **Treat Everyone with Respect**

Nobody should be mean to others.

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

### **What to Do If You're Bullied**

There are things you can do if you are being bullied:

- Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too.

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults aren't around.

### **Stand Up for Others**

When you see bullying, there are safe things you can do to make it stop.

- Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.
- Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.

Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.