**St. Elmo Elementary School**

**Anti-Bullying Week Announcements**

**September 12-16th, 2016**



**Monday**- Today is the start of Anti-Bullying Week here at St. Elmo. Each day this week we will share information regarding bullying. The purpose is to raise the awareness of bullying prevention and to teach you how to respond effectively to bullying situations.

Today’s bullying prevention theme is ***Getting the Facts About Bullying***. Bullying can take many forms. It can be physical, and it can also be emotional and social — using words to hurt someone, leaving someone out, or gossiping and spreading rumors. It also includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Bullying also happens over cell phones and the Internet. The behavior is repeated, or has the potential to be repeated, over time.

**Tuesday**- Today’s bullying prevention theme is ***It’s Cool to Care: Don’t be a Bystander***. Everyone knows that bullying situations involve the student who’s targeted and the student doing the bullying. Did you also know that many situations involve bystanders—students who are not involved directly but see what’s happening? Bystanders are powerful! They can help to report the situation to an adult and they can also let other students know that bullying is not okay.

**Wednesday**- Today’s bullying prevention theme is ***How to Respond to A Bully***. If ever you are in a situation with a bully, here are ways to respond…

1. **Talk** to the person bullying you and tell him how you feel. Look him or her in the eye and say strongly but calmly, "Leave me alone" or "You don't scare me."
2. **Walk away** from the bullying child or children. Children who are being bullied should not run (even though they may want to). It may strengthen a feeling of power in the bullying child and may make the situation worse.
3. **Tell an adult** about what happened. It might help for children to identify an adult at school to tell if incidents occur. Children who see another child being harmed also should seek help from an adult right away.

**Thursday-** Today’s bullying prevention theme is ***Respecting Others on Social Media***.Have you ever heard of the term Cyberbullying? Cyberbullying is bullying that takes place using electronic technology. Examples of cyberbullying includes mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures or videos. Children who are bullied online or in text messages should not reply. It is best for them to show the message to an adult and block any more messages from the sender.

 Also, be smart about what you post or say on the internet. Do not to share anything that could hurt or embarrass yourself or others. Think about who you want to see the information and pictures you post online. Think about how people who aren’t your friends could use it.

**Friday**- Today is ***Unite Together***! Although, Bullying Prevention Week was created to raise awareness and provide options to respond to bullying it is a serious issue that exists every day. Bullying isn’t something that can be resolved in a week, however, students and adults need to focus on this issue throughout the school year to be effective. So here at St. Elmo, we pledge to treat others the way that we want to be treated, not just today or for a week, but EVERYDAY!