

## **What resources does Little Chico Creek use to prevent bullying?**

We strive to create a school climate where respect and friendships flourish, and every student and family feels welcome. Our resources include:



1. Guidance staff and counselors teach skills in class and support students in times of difficulty
2. *Toolbox: Tools for Learning, Tools for Life*
3. *Second Step: A Violence Prevention Curriculum*
4. *Steps to Respect* and other bullying prevention/curriculum resources
5. *Healthy Play*
6. Positive Behavior Interventions and Supports

### **When bullying takes place, we:**

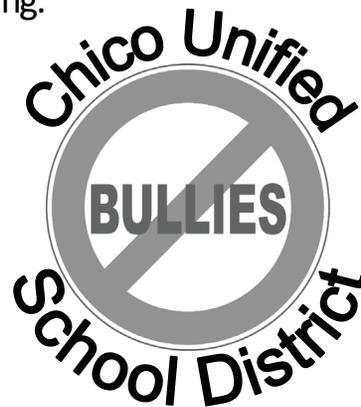
1. Ask students, staff, and parents to intervene (if safe) and/or report it to our school office.
2. Gather factual information from all involved.
3. Coach those involved to build empathy, responsibility, and assertiveness.
4. Offer individual and small group supports.
5. Apply appropriate consequences.

## **Be a Little Chico Creek HERO!**

Our HERO is a person who practices **H**onesty, **E**mpathy, and **R**espect, and knows that it only takes **O**ne to make a difference.

Anyone can be a **HERO!** Here's how:

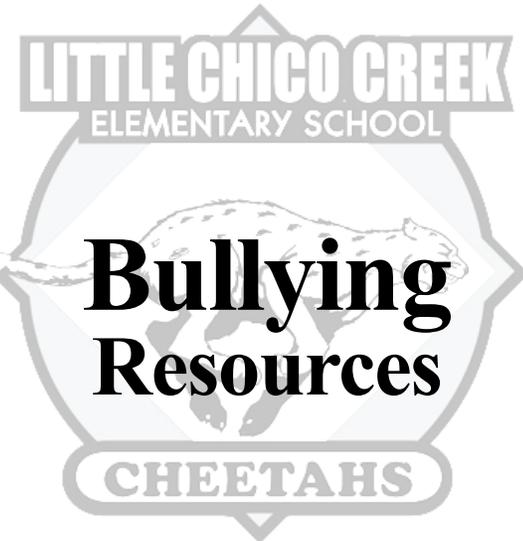
- Volunteer to help at school.
- Talk about and model positive behavior with your children.
- Disengage from gossiping and spreading rumors.
- Intervene or report when you see bullying.



**Want more information? Contact any of our student support team members at 891-3285:**

David Murgia, Principal  
Jill Bernedo, Guidance Aide  
Joan Imhoff, Guidance Aide  
Rose Wanken, School Psychologist  
Scott Lindstrom, CUSD Student Support Coordinator: 891-3000 ext. 162

**Little Chico Creek  
Elementary  
School**



*It's cool to be kind.*

**Be a Little Chico Creek  
HERO!**

**H = Honesty & Helpfulness**  
**E = Empathy**  
**R = Respect**  
**O = Only Takes One**

A resource guide for  
Little Chico Creek Elementary  
School Families and Students

## What is bullying?

Bullying is:

1. Aggressive behavior that is intended to hurt or control another
2. Involves an imbalance of power
3. Most often, it is repeated over time



## Types of bullying behavior:

1. **Physical bullying**—hitting, kicking
2. **Verbal bullying**—teasing and threats
3. **Social exclusion**—leaving someone out, rumors and gossip
4. **Sexual harassment**—bullying based on gender
5. **Cyber bullying**—texting, spreading rumors or threats, or pretending to be someone else on Facebook



*All types of bullying are  
**UNACCEPTABLE**  
at Little Chico Creek  
Elementary School*

## What do we teach our students about bullying?

### To address bullying we teach students:

- Difference between conflict and bullying
- Difference between reporting and tattling
- Definition and forms of bullying
- The roles in bullying:
  - ◊ The “bullier” or aggressor
  - ◊ The targeted person
  - ◊ The bystanders – anyone who knows about the bullying
- The “Three R” response:
  - ◊ Recognize: “That’s bullying.”
  - ◊ Refuse (if safe): “I want you to stop.”
  - ◊ Report: talk to an adult to get help.
- Use assertiveness skills and “I messages”

**Stand up to  
Bullying!**

### Bystander power!

- Anyone can be a bystander—students, teachers, parents, neighbors. We want to **empower all bystanders** to become helpful partners in solving the problem. Here’s how:
- Use the “Three R” response to bullying.
  - Use empathy with the targeted student.
  - Invite targeted students to join in activities.
  - Refuse to join in teasing and gossip.

### If your child has been bullied:

If you are aware that bullying has taken place at school, please **contact our school office at 891-3285**. Other ways to help:

- Listen to your child with empathy.
- Practice confident body language and voice with your child.
- Empower your child to report bullying.
- Talk with school staff *before* it escalates into a serious problem.

### If your child is accused of bullying, we recommend:

- Stay calm; even normally well-behaved kids sometimes bully.
- Work cooperatively with your school staff to address the situation.
- Model appropriate behaviors with your children, including:
  - ◊ No name calling or violence
  - ◊ Teach the importance of apologies and mutual respect
  - ◊ Let them know that bullying is not okay at home or school.
- Use positive problem-solving skills.
- Talk about their feelings and the feelings of the targeted student.