

Christ the King Lutheran School

BULLYING POLICY

Dealing With a Bully!

- Remain calm in your actions and with your voice.
- Try to make friends by reacting with humor.
- Ignore the behavior and do not respond with a reaction.
 - o Most people who bully are seeking attention through their actions.
- Stand up for yourself when you need to.
- Stick up for others that may be bullied.
- Ask a teacher, adult, or friend for help.

Why Bullying is Not Acceptable Behavior!

- We should honor God through our words and actions.
- Bullying is not “funny.”
- No one should be subject to bullying or feeling negative about oneself.
- We treat others the way we would like to be treated.
- We are kind and respectful.
- We learn to appreciate the uniqueness of each person as an individual.
 - o Talents, Abilities, Likes, Dislikes, and Differences
- We strive to be good friends to everyone.

Signs and Reasons Bullying Happens.

- Desire to feel important.
- To just be mean.
- To get what he/she wants.
- To gain attention – positive and/or negative.

What to look for...

- Name Calling
- Hitting, pushing, etc.
- Exclusion of an individual
- Teasing
- Hide / Take items belonging to others
- Gossiping

Ways to Stop Bullying!

- Stand up to the bully. Be brave! In a matter-of-fact way, but not in anger, let them know you don't appreciate a certain behavior or comment. Remind them of the acronym WWJD. Then exercise forgiveness and forgive them for their action. Sometimes the Christian approach is often forgotten.
- Don't get angry! Bullies want to get you angry. They like seeing reactions and feeling that they can control your emotions. Ignore their behavior and remarks and act disinterested (bored) with their behaviors. . Walk away, act as you don't care, and “rob them of their fun” as their goal is to get a reaction.
- Use a sense of humor. Laugh with the bully as this might throw them off guard. Be outrageous. For example, someone was being made fun of for being blind in one eye. That person was being called “One-eyed Willie the Wonder Pirate” among other things. In response the individual showed up one day with a pirate patch on and they laughed about it together. The teasing stopped and the individual took on a new nickname of Willie and actually became better friends with the “bully”. One thing to remember, never use humor to make fun of the bully.

- Use the buddy system. When either you or one of your friends is being bullied, join together in a group when you feel you may encounter the bully. Try not to put yourself in a place where you are by yourself with the bully. Strength in numbers.
- Don't copy the bully. Do not push, hit, kick back, etc. when dealing with a bully. Fighting or revenge will only encourage the bully to continue the behavior. If you sense you are in physical danger, leave the situation as quickly as possible and seek help from a teacher or adult.
- Tell a responsible adult. It is very important to tell an adult if you or a friend is being bullied. Parents, teachers, support staff, coaches, Pastors, the principal, and other adults can all help stop a bully's behavior.
- Develop more friendships and take advantage of opportunities to make new friends. Join clubs, sports, and be part of other activities where you can interact with your peers. Seek out others who share your same interests and values, and that are kind to others.
- Be proud of who you are! If a bully makes you feel sad, remind yourself of the things you do well and what you like about yourself. Remember that God made each of us unique in His own image. God has blessed each of us with talents and abilities that make us unique. All of us are a gift from God and we are loved by Him. Sometimes bullies need to be reminded of this as well. A great way to not only stand up to a bully, but also to stand up for yourself is to tell a bully that you are proud of who you are and you like being you – this shows confidence.

Action Plan / Consequences.

Step 1: Try to work things out between you and the bully using some of the above techniques. Pray about the situation.

Step 2: Ignore the behavior and don't react to the bully. Walk away. See if the behavior changes.

Step 3: Talk to the teacher. Do not hide or conceal your feelings and emotions. The teacher will be the first line of discipline.

Step 4: The Teacher and Principal will discuss an action plan with discipline for the bully. If behavior doesn't change, an in-school suspension may be given to the bully.

Step 5: A meeting will take place with Teacher, Principal, Parents of Bully, and if needed, a Pastor to address the issue and move forward. This may include counseling with the Principal or Pastor, an additional suspension (in-school or out-of-school), or other actions as deemed necessary.

Step 6: If the bullying behavior still has not changed, expulsion from Christ the King will be considered..

Above all, we need to remember that we are all children of God and we should treat others in a Christian way despite our differences. Prayer and communication are important parts of this process and it is important that inappropriate behaviors are not ignored. Stand up for yourself, try to work things out, get adults involved if needed, and again remember to pray for everyone in the situation: that the behavior stops, for strength to stand up to a bully, for the bully in that they would come to realize their behavior is hurtful and wrong, and for your class and/or group of friends as a whole in that God would strengthen your relationship as a whole.