

2022

National Bullying Prevention Month Resources



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Bullying Prevention plays an important role in prevention and mitigation related to school safety. In recognition of National Bullying Prevention Month, The North Carolina Center for Safer Schools offers the accompanying packet of information. These resources are offered as part of our ongoing effort to support NC Schools.

Important Dates:

NATIONAL STOP BULLYING DAY

Wednesday, October 12th

In 2009, eighteen sixth grade students from St. Stanislaus Kostka declared October National Stop Bullying Month, the second week of October National Stop Bullying Week, and Stop Bullying Day on the second Wednesday of October.

This day in October offers an opportunity to bring together students, faculty, and parents to end bullying. This annual designation promotes standing up against and putting an end to bullying. Districts and Schools can use #StopBullyingDay to post information and events on social media.

WEAR AND SHARE ORANGE DAY

WEDNESDAY, OCTOBER 19, 2022

Join the Center for Safer Schools in WEAR AND SHARE ORANGE to show unity for kindness, acceptance, and inclusion and to send a visible message that no child should ever experience bullying. Uniting Through Action On the third Wednesday of October, plan to wear and share the color orange—as a tangible representation of the supportive, universal message that our society wants to prevent bullying, and is united for kindness, acceptance, and inclusion.

In Preparation for October 19th A four-week activity kit in K-12 classrooms or other youth settings is available via the link below. The kit features theme weeks, classroom projects, and student engagement to promote kindness, acceptance, and inclusion to prevent bullying.

<https://www.pacer.org/bullying/nbpm/activity-kit/activity-kit.asp>

For Administrators and School Staff

One of the first steps in effectively addressing bullying in schools is to ensure all school staff understand what bullying is, how to spot it when it occurs and how to respond to a bullying situation.

North Carolina Anti-Bullying General Statutes:

- [North Carolina General Statute § 14-35. Hazing; definition and punishment](#)
- [North Carolina General Statute §14-458.1. Cyber-bullying; penalty](#)
- [North Carolina General Statute §14-458.2. Cyber-bullying of school employee by student; penalty](#)
- [North Carolina General Statute §115C-366.4. Assignment of students convicted of cyber-bullying](#)
- [North Carolina General Statute §115C-407.15. Bullying and harassing behavior](#)
- [North Carolina General Statute §115C-407.16. Policy against bullying and harassing behavior](#)
- [North Carolina General Statute §115C-407.17. Prevention of school violence](#)
- [North Carolina General Statute §115C-407.18. Construction of this article](#)

North Carolina anti-bullying laws include the following definitions of bullying or harassing behavior:

"Bullying or harassing behavior" is any pattern of gestures or written, electronic, or verbal communications, or any physical act or any threatening communication that takes place on school property, at any school-sponsored function, or on a school bus, and that:

- (1) Places a student or school employee in actual and reasonable fear of harm to his or her person or damage to his or her property; or
- (2) Creates or is certain to create a hostile environment by substantially interfering with or impairing a student's educational performance, opportunities, or benefits. For purposes of this section, "hostile environment" means that the victim subjectively views the conduct as bullying or harassing behavior and the conduct is objectively severe or pervasive enough that a reasonable person would agree that it is bullying or harassing behavior.

Bullying or harassing behavior includes, but is not limited to, acts reasonably perceived as being motivated by any actual or perceived differentiating characteristic, such as race, color, religion, ancestry, national origin, gender, socioeconomic status, academic status, gender identity, physical appearance, sexual orientation, or mental, physical, developmental, or sensory disability, or by association with a person who has or is perceived to have one or more of these characteristics. North Carolina anti-bullying laws cover off-campus conduct by imposing criminal sanctions for cyberbullying.

School districts must adopt a policy prohibiting bullying or harassing behavior. School district policies must contain key policy and procedural elements, including, but not limited to:

- Statements prohibiting bullying or harassing behavior.
- Definitions of bullying or harassing behavior that are no less inclusive than the definition in state law.
- Descriptions of the types of behavior expected for each student and school employee.
- Disciplinary consequences and remedial actions for a person who commits an act of bullying or harassment.
- Procedures for reporting and investigations, including designation of the principal or a designee as the person responsible for the investigation.
- Statements prohibiting reprisal or retaliation against anyone who reports an act of bullying or harassment, and consequences for reprisal or retaliation; and
- Statements regarding how the policy will be publicized within the district.

Schools that receive federal funding are required by federal law to address discrimination based on certain personal characteristics.

School districts must develop and implement methods and strategies for promoting school environments that are free of bullying or harassing behavior.

Districts must incorporate information regarding the local policy against bullying or harassing behavior into each school's employee training program and must provide training on the local policy to school employees and volunteers who have significant contact with students to the extent that funds are appropriated for these purposes.

For additional information and resources, visit the North Carolina Department of Public Instruction's "[Bullying Prevention](#)"

Resources

1. **The National School Climate Center** offers “**10 Ways to Be a Community Champion**” with a free downloadable **Community Champion Pledge** for students. Additional student resources are available.
https://schoolclimate.org/wp-content/uploads/2021/08/Community-Champion-Pledge_InKidz-FINAL.png
<https://schoolclimate.org/resources-for-students/>

2. **Do You Bully Quiz** is available at the “Pacer Kids Against Bullying website and can be completed on-line or is downloadable for print. This resource could be used throughout the school year and is appropriate for elementary and middle school students.
[Do You Bully? \(pacerkidsagainstbullying.org\)](https://www.pacerkidsagainstbullying.org/Do-You-Bully/)

3. The link below is a video of a teacher explaining to her class that it’s okay not to be friends with or like everyone. She discusses how to respectfully treat others and not bully when you may not care for another student.
<https://www.facebook.com/reel/766817651259119>

4. **Pacers National Bullying Prevention Center** offers free resources for elementary, middle, and high school students. Highlights include coloring books, classroom lesson plans, videos, anti-bullying pledge and a year-long tool kit for older students.

Elementary Education: <https://www.pacer.org/bullying/classroom/ele-curr/>

Elementary School Activities: <https://www.pacer.org/bullying/classroom/elementary/>

Middle and High Education: <https://www.pacer.org/bullying/classroom/mid-high-curr/>

Middle and High Activities: <https://www.pacer.org/bullying/classroom/middle-highschool/>

All In Year-long Toolkit: <https://www.pacer.org/bullying/classroom/all-in/>

5. **Cyberbullying** is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

Cyberbullying Video for students: <https://youtu.be/vtfMzmKYp9E>

This link offers additional resources for student, parents, and teachers.

<https://www.stopbullying.gov/cyberbullying/what-is-it>

6. SchoolSafety.gov “Training Center” contains a wide array of resources and best practices on key school safety topics including bullying prevention.
<https://www.schoolsafety.gov/bullying-and-cyberbullying>