

# TRI-C NO BULLY CURRICULUM

**Best offense is a good defense.**

The first step at Tri-C Elementary is a good foundation of Friendship Skills. If students have the fundamentals of how to be a friend and make friends it is the best way to keep bullying from ever occurring. Teaching the traits of a positive attitude, compromising and the way to compliment are all a part of the approach.

**Our Bullying Curriculum consists of:**

Teaching students what bullying is.

The difference between tattling & reporting. Tattling is telling to get someone in trouble and reporting is telling to get someone out of trouble.

Helping students understand the importance of reporting and what they can do if they see someone being bullied.

Discussing self-esteem and how it affects bullies and victims.

Understanding the impact of behavior on others.

Thinking before acting.



## CARTERVILLE UNIT #5 GUIDANCE DEPARTMENT

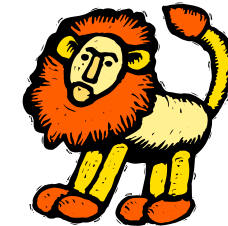
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TRI-C ELEMENTARY

# BASIC FACTS ABOUT BULLYING

*Carterville Unit #5 Guidance Department*



618-985-8742

# BASIC BULLYING INFORMATION

**What is bullying?** Bullying is an aggressive behavior that intends to cause harm, distress, and humiliation. The four criteria involved in defining bullying are:

- 1) Imbalance of power
- 2) Repeated Often
- 3) One student is humiliated by behavior
- 4) The other student enjoys the humiliation

## Types of Bullying Behavior:

### Physical

Fighting & Hitting

### Verbal

Threatening Words

Spreading Rumors and Gossip

Intentional Exclusion

### Normal Conflict

Equal power – friends

Happens occasionally

Accidental

Not serious

Equal emotional reaction

Not seeking power or attention

Not trying to get something

Remorse – takes responsibility

Effort to solve the problem

## How many children does bullying really affect?

Bullying affects virtually all children. While it is true that some children will never be bullied, research shows that children witness 85% of school bullying incidents. Child



**Together we can make a difference!**

witnesses, or bystanders, may feel powerless to stop bullying. They may fear being bullied next. And they may feel sad or guilty about the abuse others experience. Additionally, bystanders may see those who bully succeed at getting what they want.

This may tempt bystanders to

take part themselves and lead to overall increase in bullying.

**Bullying may result in a change in normal behavioral patterns such as:**

Eating

Sleeping

School Performance

Appearance

Relationships

## Could my child be a bully?

Frequent name-calling

Regular bragging

A lack of empathy for others

Spending time with younger or less powerful kids

A need to always get their own way

A defiant or hostile attitude

## What about sibling bullying?

Some degree of conflict among siblings is to be expected. A good rule of thumb is: behavior that would be unacceptable between two unrelated children is unacceptable between two siblings. When one child intentionally and consistently hurts or frightens a smaller or less powerful sibling, that's bullying—and it needs to stop. It can damage self-esteem and set the pattern for abusive relationships in the future.



**Helping children be their best is our goal.**

**What to do if I feel my child is being bullied?**

Contact the school.

Assure your child they are not to blame.

Advise your child to report bullying.

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