



Unity Day

10/13/17

Ms. Barnes
Mrs. Flemmig
Ms. Izzo
Mr. Hotchkiss

- We come together today, as a united community, wearing orange to STEP UP against mean spirited and bullying behavior.



- Bullying behavior is when one or more people repeatedly harm, harass, intimidate, or exclude others. Bullying behavior is unfair, intentional and one sided. It can hurt people physically, emotionally, socially and academically.



FACT
or
FICTION



FACT OR FICTION

- Bullying/mean spirited behavior is a normal part of growing up.

Fact or Fiction



FICTION

Fact: Bullying is not a normal part of growing up, rather it is a serious threat to student safety and well-being.



- Some people deserve to be bullied or mistreated.

Fact or Fiction



FICTION

Fact: No One deserves
to be bullied or
mistreated.

Anyone can bully and
anyone can be bullied. ●

- Kids who tell adults about bullying/mean spirited behavior are snitches/tattle tales.

Fact or Fiction



FICTION

- **Fact:** Tattling means sharing petty secrets or information about someone to get them in trouble. Telling means reporting a harmful or dangerous situation to an adult to help protect someone. Not telling only protects people who are doing something that they shouldn't be.



- The best way to deal with bullying/mean spirited behavior is to get even.

Fact or Fiction



FICTION

Fact: Research shows that more than half of bullying situations (57%) stop when a peer *ASSERTIVELY* intervenes on behalf of the student being bullied. ●

- People who are bullied/mistreated might hurt for a while, but they'll get over it.

Fact or Fiction



FICTION

- FACT: Individuals who are bullied are more likely to experience low self-esteem and isolation, perform poorly in school, have few friends in school, have a negative view of school, experience physical symptoms (such as headaches, stomachaches, problems sleeping) and to experience mental health issues (depression, anxiety, suicidal thoughts...).



- People who are being mistreated or bullied should ignore it, as it will go away.

Fact or Fiction



FICTION

- Fact: Never ignore it. It can be hard to address the issue, but work on a plan and get a parent or other trusted adult to help.



HOW TO HANDLE BULLYING/MEANNESS

- Talk to a trusted adult
- Tell yourself positive things
- Know that it is not your fault and you do not deserve it
- Tell them to stop
- Change the subject
- Stay in control
- Avoid places or situations where bullying/meanness happen
- Walk away because the bully wants a reaction from you



ASSERTIVE BYSTANDER

- An assertive bystander is anyone who is aware that bullying/meanness is happening to someone and does something calmly and respectfully to intervene.



WHAT CAN AN ASSERTIVE BYSTANDER DO!

- Talk to the person being bullied/mistreated
- Ask the person if they need help
- Be nice and supportive to the person
- Encourage them to talk to an adult about it
- If the person does not want adult support, the Assertive Bystander should tell a trusted adult



UNITY PLEDGE

- We the students of Carrigan Intermediate School agree to join together to STEP UP against bullying/mean spirited behavior . We believe that everybody should enjoy our school equally, feel safe, secure and accepted regardless of race, gender, popularity, athletic ability, intelligence, religion and nationality.

We agree to be a part of the solution:

If it is mean, intervene!

