

# Good Citizenship



The Importance of Not Bullying,  
Harassing, Teasing or Being Mean

Fall 2013

# What is Bullying?

- Verbal: name-calling, teasing, gossiping, making threats, making rude noises or spreading rumors.
- Nonverbal: leering, staring, making gang signs, destroying property, bad notes, threatening gestures or actions.



- Physical: hitting, punching, pushing, shoving, poking, kicking, tripping, “pantsing,” pinching, spitting, fighting.
- Emotional: intimidating, humiliating, isolating, ostracizing, manipulating friendships, using peer pressure.



# What should you do?

- Take responsibility for helping create a safe school and classroom environment.
- Do not engage in or contribute to bullying.
- Treat everyone with respect.
- Report all incidents of teasing, bullying, harassment, intimidation or other verbal or physical abuse.
- Report bullying to a trusted adult.
- Never engage in retaliatory behavior.
- Be a good friend!



How do you think he feels? What may have happened?



What would a good citizen do to help?

# Fremont Unified School District

## Board Policy 5131

Students are expected to take responsibility for helping create a safe school environment.

You are not to engage in or contribute to bullying behaviors, actions, or words. Students are expected to report all incidents of teasing, bullying, harassment, intimidation, or other verbal or physical abuse.

Students are never to engage in retaliatory behavioral ask of, encourage, or consent to anyone's taking retaliatory actions on your behalf.

You should learn ways to protect yourself from bullying and how to help others who have been bullied.

You are expected to treat everyone with respect and be sensitive to how others might perceive your actions or words.

There will be serious consequences for students who commit acts of bullying, including but not limited to suspension.