



**St. Mary of the Assumption's**  
**Bully Free Plan**

# Introduction

- All students have the right to a **safe** and **healthy** school environment.
- It will be each student's challenge to **help create an environment where respect and understanding of one another is shown.**
- **THEREFORE** – **no student** will be **bullied** or **cyber-bullied.**



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# What is Bullying?

- Bullying is when a student or other person is targeted **repeatedly** and **over time** to **negative** action by one or more students or persons.

## Causes and Effects of Bullying

- Bullying causes **physical** and/or **emotional** harm.
- Bullying makes the student fearful.
- It disrupts the educational process for the targeted student.



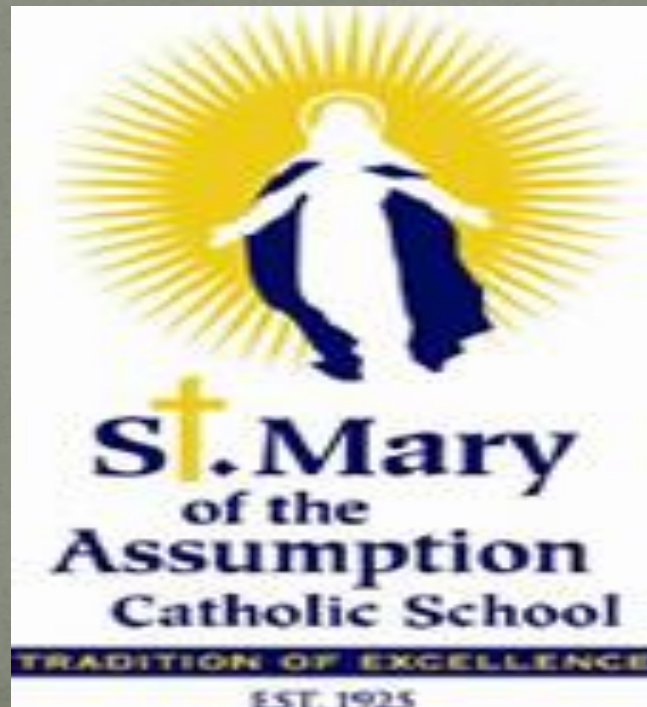
# The Christian Response to Bullying

- Scripture teaches us that God is just and desires that **people not be mistreated by others**. God wants us to **defend those who are bullied and to make peace where there is violence**. In his Sermon on the Mount, Jesus says, **“Blessed are the peacemakers, for they shall be called sons of God.”**



# God calls us at SMA to:

- make peace,
- prevent bullying , and
- intervene when we see harm done to others.



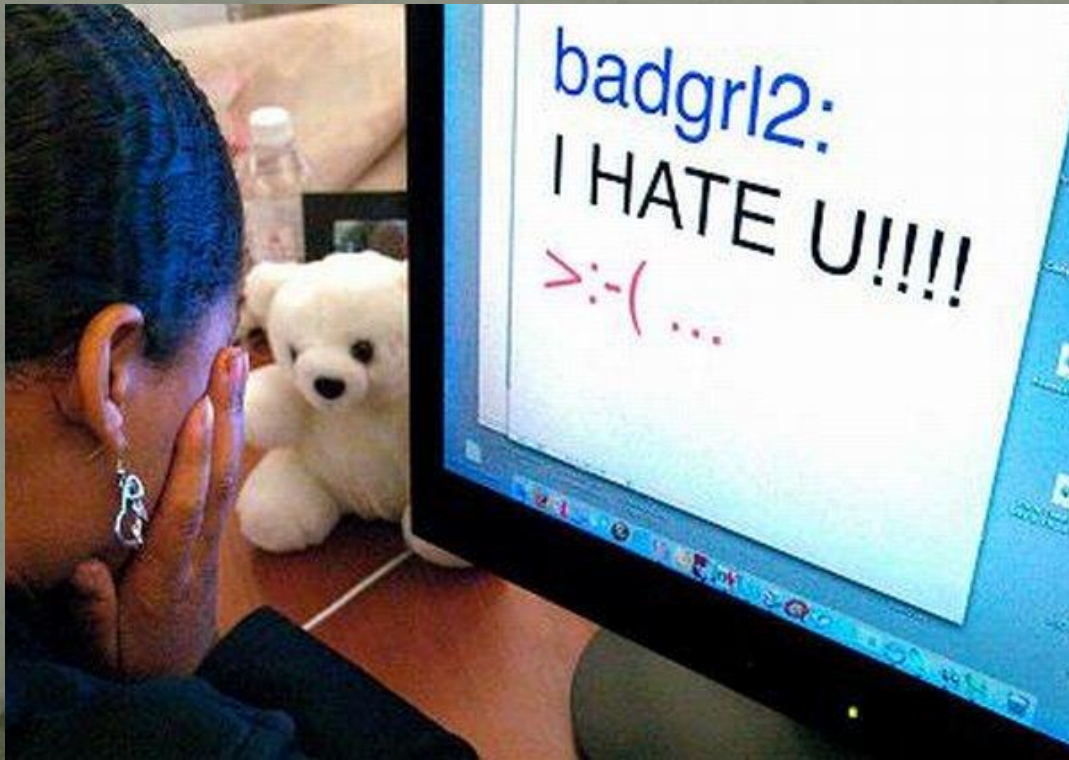
# OUR PLAN – NO MORE BULLYING!

- **No physical bullying** –  
Hitting, kicking, tripping, or pushing
- **No verbal bullying** –  
Threats of physical bullying, name calling or other insults, making faces or obscene gestures, graffiti on bathroom walls.
- **No spreading rumors, intentional exclusion of others, passing of harmful notes about another person, this is called relational bullying.**
- “Way out of line” - **No touching or comments made about a person’s body, body type or physical features.**

# FINALLY –

**Cyber-Bullying** is not acceptable!

- No spreading of harmful information or lies about others through email, chats, text messages, online blogs, cell phones or cameras.



# SO-O-O What Can We Do

- Love your neighbor
- **Report bullying** behavior that happens to you or a classmate.
- Treat everyone with respect – everyone is different, not better or worse.
- Apologize if you have bullied someone in the past.
- Tell the student who may try to bully you in a calm, clear voice to stop.



# MORE GOOD THINGS TO DO

- Talk to the Counselor or another adult you trust. Don't keep your feelings inside.
- Stay away from places and students where bullying occurs.
- Stand up for others. Invite the student being bullied to sit with you at lunch or to play with you at recess.'

**-AND-**

- The GOLDEN Rule:  
Do unto others as you would have them do unto you.

# IF THOSE THINGS DIDN'T WORK FOR YOU - TRY

- **A smile** – even if you don't feel like it, sometimes it will “make someone's day.”
- **Give a compliment** – find something genuine to say to another student or teacher.
- **Make a new friend** – find out what they like; you might be surprised at what you learn.
- Reserve judgment for Heaven- **you don't know** anyone's situation until you have walked in their shoes.