



OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

HERE ARE SOME THINGS TO KNOW

What is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

In order to be considered bullying, the behavior must be aggressive and include:

- **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.*

Some Signs of Someone Being Bullied

Some signs that may point to a bullying problem are:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide*

How to Report

It is always best to report in writing when you can, so that you maintain a record of the complaint.

- Contact School Administration
- Provide as many details as possible
 - Complaints can be made verbally, in writing, or online
- Report online at SafeVoice <http://safevoicenv.org/>
- Public Complaint can also be made to the Office of the Superintendent using [this form](#)

What Next?

If you need more resources or are not getting the support you need, please contact your Tribal Youth Advocacy Specialist

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