

Bullying consists of three parts:

- 1. It is repeated.**
- 2. There is an imbalance of power.**
- 3. The person is being mean on purpose.**

Students in grades 2-5 are provided a bullying prevention classroom lesson by the school counselor in the first three months of school. These lessons teach students about bully tools (from [Confessions of a Former Bully](#) by Trudy Ludwig) and allow students to role play the tools, seeing how all of the tools can work. The bully tools should be used when a peer is being verbally mean, and can help empower students to take care of their problems in a kinder way. Students should practice these tools at home so the student is ready at any time.

Students are also encouraged to visit the Problem Solving Squad (select 4th and 5th graders) in the teacher lounge from 7:30am-7:55am for further practice or additional assistance. If you or your child think bullying is occurring we recommend that you start documenting the mean incidents since details may be forgotten over time. Remember to document the following: date and time, mean child's name, what was said or done, how your child responded (which bully tool was used), and outcome.

The [District Bullying Webpage](#) provides additional information, videos, and an online bullying reporting system.