

# Bully Prevention and Positive Behavior Support

## *GGE Student Pledge*

At Golden Gate Elementary School  
We pledge to be  
Respectful, responsible, honest and  
fair  
Show kindness, self discipline and  
perseverance while honoring each  
other's unique differences.

## **School Administration and Counselors:**

Provide classroom presentations, special counseling groups, individual counseling, and peer mediators.

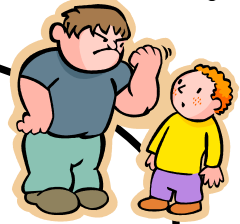
## Helpful Websites:

The following website provide resources, literature and tips for students, parents, and teachers about dealing with bullying.

[www.stopbullying.hrsa.gov](http://www.stopbullying.hrsa.gov)

[www.freespirit.com](http://www.freespirit.com)

**What is bullying?** It is repeated, harmful, offensive acts such as name calling, threatening, demanding possessions, hitting, slapping, punching, pushing, tripping, poking, isolating, spreading rumors, gossiping, and disrespecting possessions.



## **Steps to Solving Conflicts**

1. Calm down, take deep breaths, and count to 10.
2. Talk over the conflict.
3. Listen and describe what caused the conflict.
4. Use an "I" message to describe feelings raised by the conflict.
5. Brainstorm solutions to the conflict.
6. Try a solution and see how it works.
7. If one solution does not get results, then try another one.

## **Tips for parents:**

1. Talk with your children about kindness and respect.
2. When faced with bullying behaviors, discuss with your child how to "Stop and Think". Consider the options:
  - Tell the person "Stop that! I don't like that."
  - Tell the person how you feel.
  - Find an adult.
  - Find another person to be with.
  - Try walking away.
3. If your child sees someone being bullied, he/she can tell the teacher, principal, assistant principal, dean, counselor, or assistant.