

What if you are bullied or harassed?

Do not blame yourself. It is not your fault!

Tell the offender to stop if you feel safe and comfortable doing so.

Report it. Tell a trusted adult at your school who can take action to address the offense.

Keep telling if it continues. Tell your parents too!

Keep written records of the incidents describing what happened, when, where, who else was present, and how you reacted.

Save any notes, pictures, texts, emails, etc. Give these items to a parent, principal or trusted adult.

Are some people just asking to be bullied, harassed or sexually harassed?

NO!

- Not even if other people think you are different.
- Not even if you are wearing short skirts or tight jeans.
- Not even if you have flirted with or dated someone before.
- Even if you do not confront the harasser.
- Not even if you are “friends” with the other person.

No one "asks" or deserves to be bullied, harassed or sexually harassed.

How to stop if you are the bully or harasser:

- Know what constitutes bullying, harassment and sexual harassment.
- Practice empathizing with others by considering things from the other person’s perspective.
- Remove yourself from groups of people who are negative and/or treat others negatively.
- Take a moment to think and practice thinking before you act.
- If you have trouble managing strong emotions like anger, frustration, or insecurity, talk to someone who can help—a parent or guardian, counselor or other trusted adult.
- Take responsibility for your actions.

What Happens if Someone Bullies, Harasses or Sexually Harasses Someone?

- All complaints will be promptly and thoroughly investigated.
- Appropriate disciplinary action will be taken up and may include expulsion from school.
- False complaints will result in appropriate disciplinary action up to and including expulsion of the student making the false accusation.

For questions regarding Bullying contact:
Safety Services Department
316-973-2260

For questions regarding Sexual Harassment contact:
Title IX Office
316-973-4616

BULLYING, HARASSMENT and SEXUAL HARASSMENT

What Secondary Students Should Know

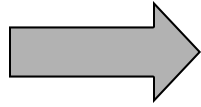


The Wichita Public Schools does not discriminate on the basis of race, color, ancestry, national origin, religion, sex, disability, age, veteran status, or any other legally protected classification. Persons having inquiries may contact the School District’s Title IX Director/ADA/Section 504 Coordinator. For adults at (316) 973-4420, or Section 504 Coordinator for students at (316) 973-4650, 201 N. Water, Wichita, KS 67202.

What are Bullying, Harassment, and Sexual Harassment?

Bullying...

- Is purposeful behavior that intends to cause harm or distress
- Is severe, persistent or pervasive behavior that creates an abusive, intimidating, or threatening environment
- Occurs in a relationship where there is an imbalance of power



Bullying may include:

- Hitting, kicking, shoving, spitting
- Name-calling
- Taunting and/or mocking
- Writing or spreading rumors (including via electronic devices)
- Deliberately excluding someone from a group or activity

Harassment...

- Is verbal or physical behavior that puts another person down or shows hostility toward another person or group of persons based on their race, color, religion, gender, national origin, age or disability
- Creates an intimidating, hostile or offensive school environment
- Unreasonably interferes with an individual's school performance or educational opportunities



Harassment may include:

- Drawing or wearing hate symbols
- Making threatening phone calls
- Writing and/or distributing hate mail
- Destruction of religious symbols
- Slurs that relate to race, color, religion and gender
- Group profiling or stereotyping
- Teasing or making fun of people with physical or mental disabilities
- Jokes or other putdown humor that target people or groups

Sexual Harassment...

- Is unwanted and unwelcome sexual behavior which interferes with your right to get an education or to participate in school activities
- May result from words or conduct of a sexual nature that offend, stigmatize, demean, frighten or threaten you because of your gender
- May cause the target to feel uncomfortable, embarrassed or threatened
- Can happen once or many times



Sexual Harassment may include:

- Touching, pinching or grabbing body parts
- Making suggestive or sexual gestures, looks, jokes, verbal comments and/or noises
- Asking questions about a person's sexual activity or sexual orientation
- Touching or rubbing oneself inappropriately in the presence of another person
- Spreading rumors about a person's sexuality or making public statements about a person's sexual orientation or sexual activity
- Displaying sexually suggestive pictures
- Sending or delivering unwanted, unwelcome messages of a sexual nature

What are some examples of Bullying, Harassment, and Sexual Harassment?

You have the power to prevent and stop Bullying, Harassment and Sexual Harassment

- Don't be part of the problem. Choose not to join in or watch; walk away and take your friends with you.
- Speak out against unkind words or actions.
- Say something helpful to the person who's being picked on, laughed at or harassed.
- Be a friend to the person who is being targeted.
- Let an adult know what happened.
- Tell the person being targeted you didn't like or agree with the what was said or what happened.
- Ask if the person who was targeted is okay.
- Tell the student you'll go with him or her to report the incident.
- Report the incident yourself. If you feel uncomfortable, report the incident through SpeakUp @speakup.usd259.org

What if the person was only joking?

If it's hurting someone physically or emotionally it is not okay, and it is not a joke. Everyone takes jokes differently and people are sensitive about different things. Just because someone says he or she didn't mean it, doesn't mean it didn't happen or it didn't hurt someone.

Remember, no means no.