

How Can Parents Help ?

If Your Child is Being Bullied

- Take the bullying seriously. Listen carefully and calmly to your child's situation.
- Let teachers and other school personnel know about the bullying **immediately**.
- Build your child's self-esteem and resiliency. Create a positive home environment where they feel safe and sees examples of strength and confidence in action.
- Seek help and support from others. Building a strong and caring community is everyone's job.

If Your Child Is Bullying Others

- Create a positive home environment. Make sure that you are modeling caring and warmth but also setting clear boundaries and expectations for behavior. Stay involved in your child's life.
- Promote positive values through your words and actions.
- Seek help and support from school officials and professionals.

Center Grove Community School Corporation

Center Grove Middle School Central
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**Center Grove Middle
School Central**

*The safe, caring Center
Grove Middle School
community empowers
each student to dream,*

What is Bullying?

Bullying is overt, unwanted, repeated acts or gestures. Bullying can include physical bullying, verbal bullying, social/relational bullying, and electronic/written communication.



Bullying involves an imbalance of power, which is not limited to physical strength.

Bullying fosters a climate of fear and dis-

respect that can seriously impair the physical and psychological health of its victims and create conditions that negatively affect learning. All of the faculty and staff at Center Grove Middle School Central work hard to create a positive climate, allowing for maximum learning for every student.

October is Bully Prevention Month. During this month, we have been educating our students and staff, while promoting kindness by:

- Defined and discussed cyber-bullying and harmful effects
- Each student signed an anti-bullying pledge
- Created anti-bullying posters
- Pinky promise to be kind
- Celebrating Unity Day

Types Of Bullying

- **Physical Bullying** – involves hurting a person's body or possessions. It includes hitting/kicking/punching, spitting, tripping or pushing, taking or breaking someone's things, and making mean or rude hand gestures.
- **Verbal Bullying** – involves saying mean things. It can include teasing, name-calling, inappropriate sexual comments, taunting, or threatening to cause harm.
- **Social/Relational Bullying** – involves hurting someone's reputation or relationships. Social bullying involves telling other children not to be friends with someone, leaving someone out on purpose, spreading rumors about someone, or embarrassing someone in public
- **Electronic/Written Communication** – involves cyber-bullying, collective or group note writing, any bullying undertaken through the use of electronic devices (computer or cell phone).

What Can YOU Do?

- Get Help! Speak with a parent, counselor, teacher, administrator. We cannot help if we are not aware of the problem.
- Use Talk About It-the anonymous reporting program found on the MSC website.
- If it feels safe, stand up to the person bullying you-Tell them to *STOP!*
- Respect others and their differences
- Remember Champions Make Choices, Choices Make Champions, Choose to be Kind

MSC Pledge

Center Grove Middle School Central wants to be a school that doesn't just *talk* about being kind and showing compassion. We want to take a stand against bullying

I make a **COMMITMENT** to take a stand against bullying.

I will treat others with **RESPECT** and **KINDNESS**.

I will have the **COMPASSION** to not be a bully

and the **COURAGE** to not be a bystander.

It is my **RESPONSIBILITY** to help others who are being bullied and to report bullying.

Important School Contacts

Mrs. Nora Hoover, Principal
Mrs. Julie Lawson, Assistant Principal
Mr. Eric Long, Dean of Students
Mrs. Julie Thacker, School Counselor
Miss Gayla Gunn, School Counselor