

# Code of Behavior & Regulation

Prince William County Public Schools is committed to creating a school environment that is free from bullying and harassment. The school administrator will respond quickly and decisively to reported incidents of bullying. Specific information about bullying and how to report incidents is found in the "Code of Behavior."

Prince William County Public Schools Regulation 733.01-1, "Bullying of Students," and Regulation 738-3 "Harassment of Students" provides detailed guidelines for staff to utilize when responding to bullying complaints.



For more information, please contact:

Office of Student Services

P.O. Box 389

Manassas, VA 20108

Telephone: 703.791.7436

# Ways for Students and Parents to Report Bullying

- ❖ Talk to:
  - School Administrator
  - Teacher
  - School Counselor
  - School Nurse
  - School Psychologist
  - School Social Worker

- ❖ Complete a Complaint of Bullying form found in the "Code of Behavior"

- ❖ Call the PWCS Anonymous Tip Line: 703.791.2821

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**Prince William County**  
PUBLIC SCHOOLS  
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# Bullying and Harassment

Prepared by the  
Office of Student Services  
Prince William County Public Schools

March 2016

## What is Bullying?

Bullying means any aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the victim; involves a real or perceived power imbalance between the aggressor or aggressors and he victim; and is repeated over time or causes severe emotional trauma.



“Bullying” includes cyber bullying. “Bullying” does not include ordinary teasing, horseplay, argument, or peer conflict.

No child deserves to be bullied and no child

should bully another. Parents can be instrumental in helping their child by learning the signs of aggressive and harassing behaviors and by knowing strategies to deal with bullying when it occurs. The best protection parents can offer their child is to foster confidence and self-esteem. Talking openly about respect for self and others will increase tolerance for differences.



## The Bully:

A bully is someone who wants to control others by manipulating and embarrassing them. Bullying is never okay. It is a learned behavior and can be changed. The bully can receive help and support to change bullying behaviors by visiting the school staff members listed in this brochure.

## Examples of Bullying:

- ◆ Name calling
- ◆ Teasing, making fun of someone
- ◆ Spreading rumors
- ◆ Putting down others
- ◆ Starting lies about someone
- ◆ Expressing sarcasm, subtle negative comments
- ◆ Excluding specific persons
- ◆ Pushing
- ◆ Tripping
- ◆ Ridiculing
- ◆ Threatening
- ◆ Racial taunting
- ◆ Intimidating
- ◆ Making sexual comments or innuendos
- ◆ Cyber bullying
- ◆ Harassment



## What Parents Can Do:

Talk to your child about bullying and harassment. If you think your child is being bullied ask about it. Encourage your child to report bullying at school to teachers, school counselors, or the principal.

## What Victims Can Do:

- ◆ Report bullying at school to teachers, school counselors, the principal, and talk to your parents
- ◆ Ignore the bully or don't react
- ◆ Walk away
- ◆ Be assertive, but do not get into a physical or verbal fight
- ◆ Hold your head up, show confidence in yourself
- ◆ Use humor
- ◆ Stick with a friend when going to and from school, during class changes, and at lunch time
- ◆ Avoid the bully when necessary
- ◆ Call the anonymous tipline

## The Witness:

If you observe incidents of bullying, support the victim. Tell the bully to stop, do not laugh or side with the bully. Don't confront the bully if you think someone may get hurt. Report all incidents of bullying to school staff and encourage the victim to do the same.