

When someone says or does something unintentionally hurtful and they do it once, that's **RUDE**.

When someone says or does something intentionally hurtful and they do it once, that's **MEAN**.

When someone says or does something intentionally hurtful and they keep doing it—even when you tell them to stop or show them that you're upset, that's **BULLYING**.

Resources

Crisis Walk-In Clinic, **909-421-9495**
850 East Foothill Blvd., Rialto, CA 92376

National Suicide Prevention Lifeline, **1-800-273-8255**.

The Crisis Text Line, which can be accessed by texting HOME to 741741.

Rialto Unified Safety Office, **909-820-6892**.

California Youth Crisis Hotline **1-800-843-5200**.

StopBullying.gov

Contact the school regarding available Mental Health Services



Child Welfare and Attendance

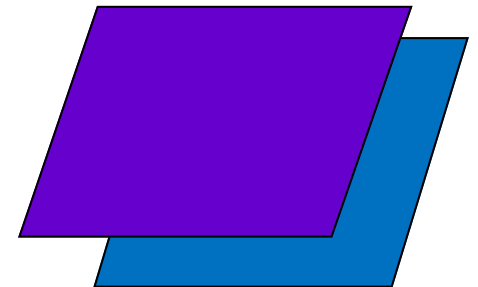
260 S. Willow Ave
Rialto, CA 92376

Phone: 909-873-4336
Fax: 909.873-4337
website: kec.rialto.k12.ca.us

RIALTO UNIFIED SCHOOL DISTRICT
COURAGE



Rialto's Bullying Prevention Initiative



Bullying Components

Harm Unfair Match
Repetition



1. Does the action involve physical, social or emotional harm?
2. Does the target lack the physical, verbal or social skills to effectively resist?
3. Is the action happening in repetition?

If the answer is **“yes”** to all three...it is an act of bullying

Conflict

Equal power
 One time/occasionally
 Accidental/Not planned
 No serious, lasting harm
 Equal emotional reaction
 Not seeking power
 Often feel remorse
 May try to solve the problem



Bullying

Imbalance of power
 Repeated over time
 Intentional
 Physical/emotional harm
 Unequal emotional reaction
 Seeking control/possession
 No remorse-blames target
 No effort to solve problem

How parents and students can file a bullying complaint...

ONLINE



Look for this button on the school's website...after selecting, click on the plus sign and complete the google form

PAPER FORM

Forms are available in the front office of your school

You can also download the form from the district website...select the “Report Bullying” button on the top right of any page

QR CODE ON POSTERS

