**What is Bullying?**

**Bullying is……….**

* hurting someone repeatedly
* using power over another
* being mean on purpose

**Types of Bulling……..**

* Physical Bullying
* Verbal Bullying
* Social Exclusion
* Cyberbullying

**What to do if your child is being bullied.**

1. First, focus on your child. Be supportive and gather information about the bullying.
2. Contact your child’s teacher or principal.

**What students can do to prevent being bullied:**

Use Kelso’s Choices.

* Go to another game
* Talk it out
* Share and take turns
* Ignore it
* Walk away
* Tell them to stop
* Apologize
* Make a deal
* Wait and cool off

*The St. Johns County School District’s Policy Prohibiting Bullying and Harassment can be found at* [*www.stjohn.k12.fl.us*](http://www.stjohn.k12.fl.us)*.*