

FRIENDWATCH

I'm scared to report...

Too often, students feel scared or unable to seek help from trusted adults when dealing with issues such as bullying.

FriendWatch is an anonymous reporting line available to all students in grades 4-12. FriendWatch provides the opportunity for students to report issues related to bullying, violence, depression, and more.

To send an anonymous report:

1. Visit www.cartervillelions.org
2. Click on FriendWatch
3. Choose your school
4. Send your report. Please be as specific as possible when reporting issues.

All reports are sent to counselors and administrators at the selected school and will be acted on appropriately and/or shared with the appropriate authorities.

CARTERVILLE UNIT #5 SCHOOL COUNSELING DEPARTMENT

Tri-C Counselor - Lisa Stanton
CIS Counselor - Lisa Christeson
CJHS Counselor - Lisa Heise
CHS Counselors - Erin Basso, Karin Hawkins

CARTERVILLE HIGH SCHOOL

BASIC FACTS ABOUT BULLYING

*Carterville Unit #5 School
Counseling Department*



BASIC BULLYING INFORMATION

What is bullying? Bullying is an aggressive behavior that intends to cause harm, distress, and humiliation. The four criteria involved in defining bullying are:

- 1) Imbalance of power
- 2) Repeated Often
- 3) One student is humiliated by behavior
- 4) The other student enjoys the humiliation

Types of Bullying Behavior:

Physical

Fighting & Hitting

Verbal

Threatening Words

Spreading Rumors and Gossip

Intentional Exclusion

Normal Conflict

Equal power – friends

Happens occasionally

Accidental

Not serious

Equal emotional reaction

Not seeking power or attention

Not trying to get something

Remorse – takes responsibility

Effort to solve the problem

How many children does bullying really affect?

Bullying affects virtually all children. While it is true that some children will never be bullied, research shows that children witness 85% of school bullying incidents. Child



Together we can make a difference!

witnesses, or bystanders, may feel powerless to stop bullying. They may fear being bullied next. And they may feel sad or guilty about the abuse others experience. Additionally, bystanders may see those who bully succeed at getting what they want.

This may tempt bystanders to

take part themselves and lead to overall increase in bullying.

Bullying may result in a change in normal behavioral patterns such as:

Eating

Sleeping

School Performance

Appearance

Relationships

Could my child be a bully?

Frequent name-calling

Regular bragging

A lack of empathy for others

Spending time with younger or less powerful kids

A need to always get their own way

A defiant or hostile attitude

What about sibling bullying?

Some degree of conflict among siblings is to be expected. A good rule of thumb is: behavior that would be unacceptable between two unrelated children is unacceptable between two siblings. When one child intentionally and consistently hurts or frightens a smaller or less powerful sibling, that's bullying—and it needs to stop. It can damage self-esteem and set the pattern for abusive relationships in the future.



Helping children be their best is our goal.

What to do if I feel my child is being bullied?

Contact the school.

Assure your child he/she is not to blame.

Advise your child to report bullying.

CARTERVILLE UNIT #5 SCHOOL COUNSELING DEPARTMENT

Tri-C Counselor - Lisa Stanton
CIS Counselor - Lisa Christeson
CJHS Counselor - Lisa Heise
CHS Counselors - Erin Basso, Karin Hawkins