

## WHAT IS BULLYING?

Lewisville ISD defines bullying when a student (or group of students) engages in written or verbal expression through electronic means, physical conduct that occurs on school property, at a school-sponsored or school-related activity or in a vehicle operated by the district that:

- Has the effect or will have the effect of physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm to the student's person or damage to the student's property; or
- Is sufficiently severe, persistent, and pervasive enough that the action or threat creates an intimidating, threatening, or abusive educational environment for the student.

This conduct is considered bullying if it:

- Exploits an imbalance of power between the student perpetrator and the student victim through written or verbal expression or physical conduct; And
- Interferes with a student's education or substantially disrupts the operation of a school.



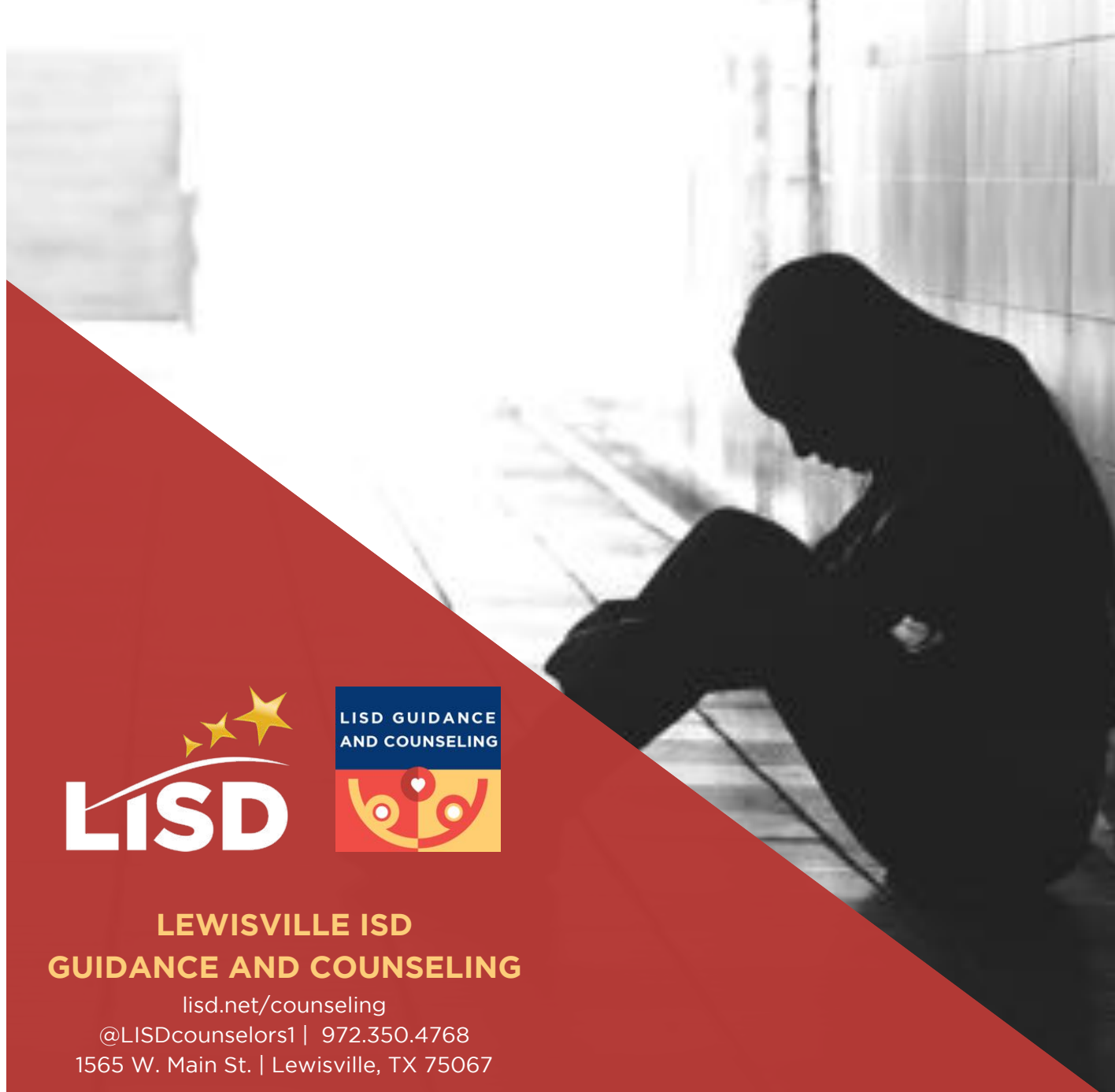
## LEWISVILLE ISD GUIDANCE AND COUNSELING

[lisd.net/counseling](http://lisd.net/counseling)

@LISDcounselors1 | 972.350.4768

1565 W. Main St. | Lewisville, TX 75067

# BULLYING



## WARNING SIGNS

### Students who are bullied may:

- Have torn, damaged, or missing pieces of clothing, books, or other belongings
- Sudden unexplained injuries
- Have few, if any, friends
- Seem afraid of going to school, walking to and from school, riding the school bus, or taking part in organized activities (such as clubs or sports) with peers
- Take a long "illogical" route when walking to or from school
- Appear sad, moody, teary, or depressed when he or she comes home
- Complain frequently of physical problems
- Appear anxious and suffer from low self-esteem

### Students who bully others may:

- Have a positive attitude toward violence
- Have a strong need to dominate and subdue other students and get their way
- Be impulsive, aggressive, or easily angered
- Lack empathy toward students who are bullied
- Have defiance and aggression toward adults
- Be involved in other anti-social or rule-breaking activities such as vandalism, delinquency, and substance abuse
- Have greater physical strength than that of others

## DEALING WITH BULLYING

1. Report to an adult at home and at school.
2. Talk to a friend about it.
3. Remember, it's not your fault. You don't deserve to be mistreated. The aggressive student is the one with the problem.
4. Never retaliate. This often makes the situation worse, plus it will get you in trouble even if you didn't start it. Remember, once the aggressive behavior goes both ways, it's not bullying. It would more likely be referred to as "conflict."
5. Consider getting out of relationships where someone is continually hurting you. Friends don't make a habit of hurting each other.
6. When possible, avoid getting emotional (example-extremely angry) when someone teases you. This reaction is the reward for many who bully others. Try to be as indifferent as possible.
7. Get involved in school! Students who are connected are less likely to be bullied.
8. Go to your counselor. If you feel your safety (or the safety of someone else) is in question, report to your counselor and/or school administrators.

## BE A POSITIVE BYSTANDER

It is estimated that 15 percent of students bully, 15 percent get bullied and the rest (bystanders) watch. Bystanders can play a huge role in the prevention of peer mistreatment.

Research from students who have been bullied say the following bystander behaviors are the most helpful:

- Spent time with me at school
- Talked to me at school; encouraged me
- Helped me get away from the situation
- Gave advice about what I should do
- Contacted me at home to encourage me
- Helped me tell an adult
- Encouraged me to report to an adult or reported for me

*Source: [violencepreventionworks.org](http://violencepreventionworks.org)*

## RESOURCES

**Lewisville ISD:** [lisd.net](http://lisd.net)

**Stop Bullying:**  
[stopbullying.gov](http://stopbullying.gov)

**Teen Health:**  
[bit.ly/DealWithBully](http://bit.ly/DealWithBully)

**National Crime Prevention Council:**  
[ncpc.org/cyberbullying](http://ncpc.org/cyberbullying)

**Internet Safety 101:**  
[bit.ly/InternetSafety101](http://bit.ly/InternetSafety101)

## WHAT IS SEXTING?

Sexting is generally defined as the sending or receiving of sexually explicit or sexually suggestive images or video via a cell phone.

In Texas, the definition is much broader. Sexting includes any possession and/or electronic transmission by a minor (age 17 and under) of visual material capturing a minor engaged in sexual conduct, which includes still photographs of private body parts.

## RESOURCES

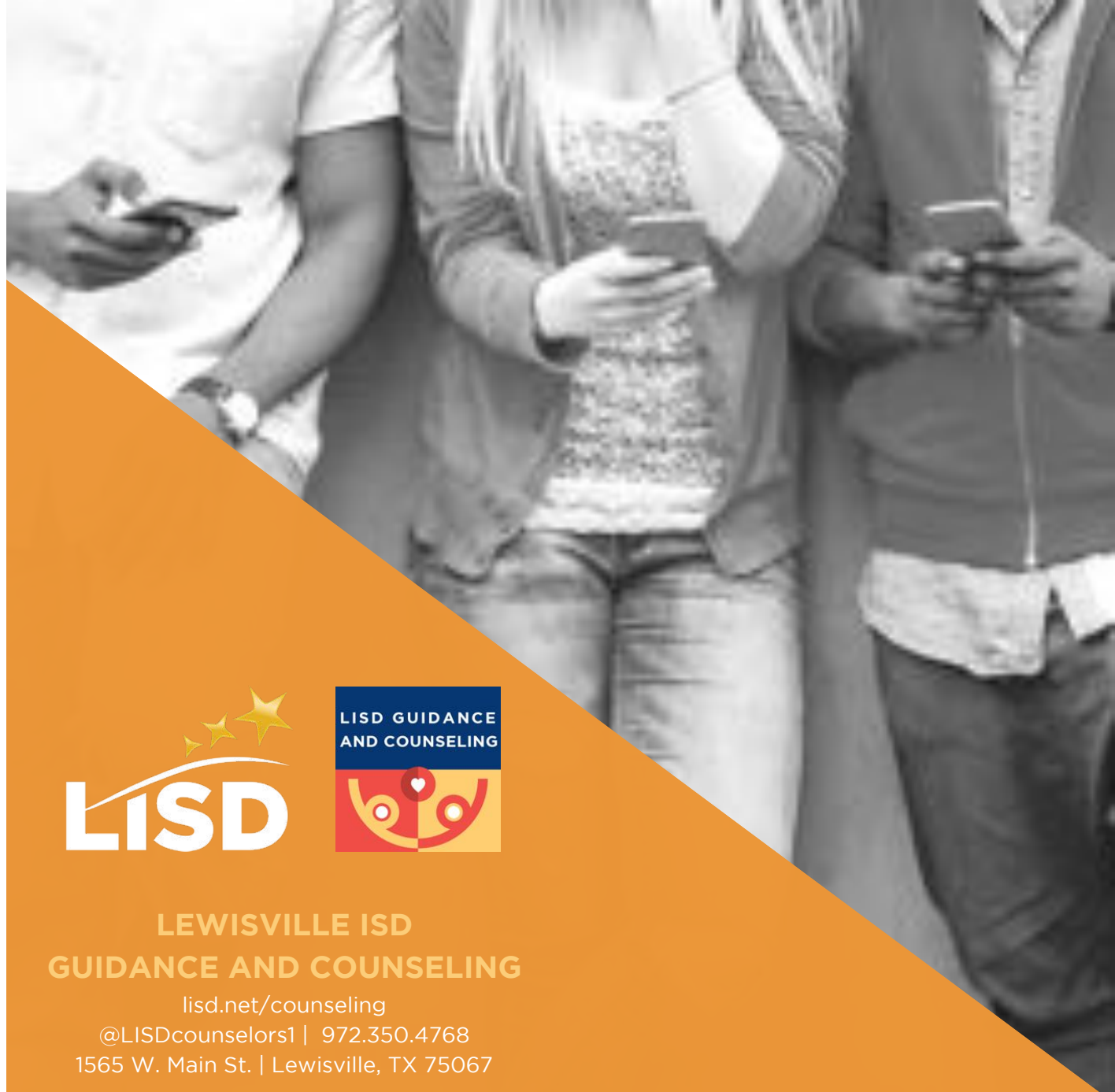
[netsmartz.org](http://netsmartz.org)  
[thatsnotcool.org](http://thatsnotcool.org)  
[beforeyoutext.com](http://beforeyoutext.com)



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# SEXTING



## THE RISKS

Teens may not believe or be able to foresee a situation in which the person they send a sext chooses to share that image with others. However, it does happen and the consequences can be academically, socially and emotionally devastating.

Teens that sext may:

- Get in trouble at school: Teens caught sexting at school have been suspended and removed from athletic teams
- Be ostracized, bullied or harassed within their schools or communities
- Miss out on future opportunities if the image is seen by college admissions officers or potential employers
- Get into legal trouble: In extreme cases, teens have been charged for sexting images of themselves or other minors



## CONSEQUENCES

### LEGAL

- Arrest
- Jail time up to 1 year
- Fine of up to \$4,000
- Court costs and attorney fees
- Community service up to 200 hours
- Court-ordered "Sexting" educational program attendance with your parents
- Cell phone and/or computer confiscated by police
- A criminal record

### SOCIAL

- Potential sharing well beyond intended audience (worldwide)
- Embarrassment
- Bullying from peers
- School expulsion
- Loss of extra-curricular school activities
- Negative effects on relationships
- Stereotyped by peers
- Psychological effects could include depression and thoughts of suicide
- Potential loss of future educational and employment opportunities

## WHAT CAN YOU DO?

1. Think of the consequences of taking, sending or forwarding sexually suggestive pictures of someone underage, even if it's you.
2. Never take pictures of yourself that you wouldn't want everyone — your classmates, your teachers, your parents, your family or your employers — to see.
3. Before sending, remember that you have no control where this image goes. What you send to your boyfriend or girlfriend could end up with their friends, and their friends and their friends.
4. If you forward a sexual picture of someone underage, you are responsible for this image as the original sender. You could face child pornography charges, go to jail and negatively affect your future.
5. **REPORT!** If you receive a text, image or video that could be considered sexting, do NOT forward it or show the image to anyone. Contact a trusted, responsible adult to help.