

Bullying is Not Acceptable Behavior

The West York Area School District strives to maintain civility and good will among all within the school climate. The purpose of this information is to provide a better understanding of what bullying is and is not. The effects of bullying actions are not temporary but life long. References to many sources of research are used in making the awareness of such negative behavior more easily understood.

Bullying is not going to go away, so we have adopted the whole school approach to controlling this awful destroyer of character on school property. It is unfortunate to admit that the work force also deals with bullying. The importance of respecting self makes it easier to respect others. Prevention is the most beneficial way to avoid potential problems. At West York, we are endeavoring to teach prevention, and intervening when problems do surface.

There isn't a one solution answer to fix the problem of being picked on, but many of the suggestions from trained educators dealing with behavior modification can help in how our students, teachers, and administrators handle bullying within our schools. Good self esteem is a major factor in how individuals deal with the problem of being bullied.

As with any program, it is only effective if used consistently. Within this school district we are training our students in kindergarten through senior high as well as staff that bullying will not be tolerated and is taken very seriously here. There is a time and place for all things, and reactions to an action determines the final consequences. You are not alone; please let someone know if you are being bullied.

We have compiled information, reference materials and links to information. For feedback or more information regarding West York's Bully Prevention Program, please contact:

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What is Bullying?

Intentional actions carried out repeatedly by someone that cause either physical and/or emotional harm. Bullying is about an imbalance of power of one over another. The following are all representations of bullying:

- Browbeating
- Intimidating
- Terrorizing

- Threatening
- Causing oppression continuously

Kinds of Bullying:

- Direct - Physical contact through hitting, pushing and/or shoving.
- Indirect - Rumors, exclusion, and/or gestures.
- Verbal - Spreading rumors, harassment, name calling and/or threatening.
- Provocative - Irritating, beguiling, irksome actions that cause others to reach a breaking point.

Victims:

- Passive - Lack social skills, insecure, low self-esteem, timid, anxious, defenseless, usually lonely.
- Provocative - Irritating personality, restless, brings condemnation to self, and ineffectual aggressors.

Bully Themes:

- Bulldogs Don't Bully - G. E. Loucks & C. B. Wallace
- Preventing Bullying is Everyone's Business - Lincolnway
- Bullies Go Home - N. A. Trimmer
- No Mean People "Character Counts" - Middle School
- Stop the Harassment - "Bullying" - High School

Web Links

- [Bully B'ware: Take Action Against Bullying](#)
- [Bullying at School Information](#)
- [Bullying Online](#)
- [Childline](#)
- [Education World](#)
- [Focus Adolescent Services](#)
- [Jared's Story](#)
- [Kidspeace](#)
- [National Education Association](#)
- [Reader's Digest Parent's Primer on School Bullying](#)
- [Safe Culture Project](#)

Resources Available in the West York Area School District:

Books

- Before It's Too Late: Why Some Kids Get into Trouble and What Parents Can Do About It/Stanton E.
- SamenowBlubber/Judy Blume
- Bootsie Barker Ballerina/Barbara Bottner
- Bullies and Victims/Suellen and Paula Fried
- Bullies are a Pain in the Brain/Trevor Romain
- Bully on the Bus/Carl W. Bosch
- Bully Free Classroom/Allan L. Beane, PhD
- Bully for You/Toni Goffee
- Bully at School/Dan Olweus
- Bullying in Our Schools - Understanding and Tackling Bullying: A Guide for Schools/David Fitzgerald
- Bullying/Angela Grunsell
- Bullying: Effective Strategies for Long Term Change/Sharon Sharp
- Buttercup and Bully Goat/Rita Kerr
- Coping with Bullying in School/Brenda Byrne
- Cougar/Helen V. Griffith
- Creative Conflict Resolution/William J. Kreidler
- Fourth Grade Rats/Jerry Spinelli
- Ghost in Fourth Grade/Constance Hiser
- Goggles/Ezra Jack Keats
- Have Courage My Love/Lisa Hewitt-Swavilli
- Hooway for Wodney Wat/Helen Lester
- How do I Feel About Bullies and Gangs/Julie Johnson
- How to Handle Bullies, Teasers and Other Meanies/Kate Cohen-Posey
- How to Be Cool in the Third Grade/Betsy Duffey
- I Met a Bully on the Hill/Martha Brooks
- Jerome Camps Out/Eileen Christelow
- Jody and the Bully/Elizabeth Anders
- Joshua T. Bates Takes Charge/Susan Shreve
- Joshua T. Bates in Trouble Again/Susan Shreve
- King of the Playground/Phyllis Reynolds
- King of the Kooties/Debbie Dadley
- Libby Meets the Bully/Elizabeth Connor and Mary Kinzler
- Loudmouth George and the Sixth Grade Bully/Nancy Carlson
- Martha Walks the Dog/Susan Meddaugh
- Mean, Mean Maureen Green/Judy Cox
- Mighty Boy/Carol Sibebkiar
- Monster Mama/Liz Rosenberg
- Mr. Lincoln's Way/Patricia PolaccoMy Dog Cat/Marty Crisp
- My Rotten Redheaded Older Brother/Patricia Polacco

- Nobody Knew What to Do - a story about Bullying/Becky Ray McCain
- Nothing Wrong with a Three-Legged Dog/Graham McNamee
- Patrick and the Big Bully/Geoffrey Hayes
- Pinky and Rex and the Bully/James Howe
- Playground Push-a-Round: Bully and Victim Activity Book/Jim and Joan Boulden
- Playground Politics: Understanding the Emotional Life of Your School-Age Child/Stanley I. Greenspan, M.D.
- Quit It! - Teachers Guide on Teasing and Bullying for use with Students in Grades K-3 Bully Proofing your School/Carla Garrity
- Self-Esteem Games/Barbara Sher
- Stand Tall Molly Lou Melon/Patty Lovell
- Stepping on the Cracks/Mary Downing Hahn
- Sugar and Spice/Celestine Keise
- The Bully of Barkham Street/Mary Stolz
- The Berenstain Bears and the Trouble with Friends/Stan and Jan Berenstain
- The Meanest Thing to Say/Bill Cosby
- The Rat and The Tiger/Ksiko Kasza
- The Two Bullies/Junko Morimoto
- The Best Way to Play/Bill Cosby
- The Junebug and the Reverend/Alice Mead
- The Wimp/Kathy Caple
- The Berenstain Bears and the Bully/Stan and Jan Berenstain
- The Case of the Bashful Bully/Linda Lee Mayfair
- Third Grade Bullies/Elizabeth Levy
- Veronica Ganz/Marilyn Sachs
- Who's Afraid of the Big, Bad Bully?/Teddy Slater
- Wonder Kid Meets the Evil Lunch Snatcher/Lois Duncan

Videos

- Accentuate the Positive
- Anger - Alternatives to Aggression and Violence
- Animal Tales
- Broken Toy
- Bullies - Dealing With Aggression
- Bullies and How to Help Them
- Don't Pick On Me/Don't Call Me Names/Feelings
- Groark Learns about Bullying
- Handling Emotions
- Helping Hands
- Me Too
- Names Can Really Hurt Us
- No More Teasing
- Patience and Peace
- Prejudice and Discrimination
- Real Kids: What We Learned About Bullying

- Set Straight on Bullies
- Stopping the Hate With Harmony
- Story Porch with Ossie Davis
- Story Porch with Ruby Dee
- Student Workshop: Gossiping Taunting, Bullying: It's All HarassmentThe 4R's