

6. Place an X next to the statement(s) that best describes what happened (choose all that apply):

- Any bullying, harassment, or intimidation that involves physical aggression
- Getting another person to hit or harm the student
- Teasing, name-calling, making critical remarks, or threatening, in person or by other means
- Demeaning and making the victim of jokes
- Making rude and/or threatening gestures
- Excluding or rejecting the student
- Intimidating (bullying), extorting, or exploiting
- Spreading harmful rumors or gossip
- Related to the student's perceived sexual orientation
- Related to the student's disability
- Cyber bullying (e.g., social media including Facebook, Instagram, etc.)
- Electronic communications (e.g., mail, text, etc.)
- Other (specify) _____

7. Describe the incident(s), including what the alleged offender(s) said or did. _____

8. Why did the bullying, harassment or intimidation occur? _____

9. Did a physical injury result from this incident? Place an X next to one of the following:

- No Yes, but it did not require medical attention Yes, and it required medical attention

10. If there was a physical injury, do you think there will be permanent effects? Yes No

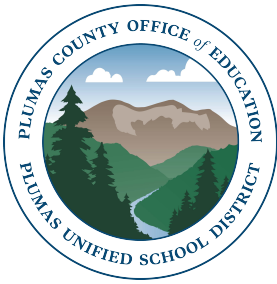
11. Was the student victim absent from school as a result of the incident? Yes No

If yes, how many days was the student victim absent from school as a result of the incident? _____

12. Did a psychological injury result from this incident? Place an X next to one of the following:

- No Yes, but psychological services have not been sought Yes, and psychological services have been sought

13. Is there any additional information you would like to provide?



Plumas Unified School District

Bullying, Harassment or Intimidation Service Resources for Victims

Local Resources:

- Plumas County Behavioral Health Department: 1-800-757-7898 or 530-283-6307
- Private Insurance Providers- contact your insurance provider for counseling providers under your plan
- Plumas Rural Services (PRS): 530-283-2735 or www.PlumasRuralServices.org
PRS offers **FREE** services to help your child, including individual therapy with licensed therapists. Junior and senior high school students can access school-based individual counseling and/or group counseling with paraprofessional counselors. PRS also provides information on developing healthy relationships. They can help if your child is:
 - struggling to deal with the after effects of bullying;
 - in an unhealthy relationship;
 - experiencing behavioral issues after a traumatizing event (even much earlier childhood);
 - or in need of support to cope with current or past abuse or neglect.

National Resources:

- The TREVOR Project: Crisis intervention and suicide prevention for LGBTQ youth-
www.trevorproject.org
 - TREVOR LIFELINE: 866-488-7386 Trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgement-free place to talk, call the Trevor Lifeline now.
 - TREVORCHAT: TrevorChat is a free, confidential and secure instant messaging service that provides live help to LGBTQ youth available 7 days a week between 3pm-10pm ET/ 12pm-7pm PT. Access at: www.trevorproject.org TrevorChat is designed to be accessed by a computer so you may have difficulty if trying to access via tablet or smart phone.
 - TrevorText: Text "Trevor" to 1-202-304-1200. Available Monday – Friday between 3pm – 10pm ET / 12pm – 7pm PT. Standard text messaging rates apply.
 - TrevorSpace: an online international peer-to-peer community for LGBTQ young people and their friends.
- National Suicide Prevention Lifeline: provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. 1-800-273-8255 <https://suicidepreventionlifeline.org>
- Crisis Text Line: Text CONNECT to 741741 from anywhere in the USA, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds quickly.
<https://crisistextline.org>