

# Student Services Newsletter

## October is Bullying Awareness Month

Plumas Unified School District and the Student Services Coordinators would like to use this as an opportunity to review a few definitions that may be helpful to parents and families when thinking about bullying. These definitions came from an informative read by an expert in the field- the book is titled: 8 Keys to End Bullying- Strategies for Parents & Schools by Signe Whitson. Hopefully these definitions will help us all communicate about what is happening with our children.

**Rude Behavior-** Rude behavior is a behavior that is not purposeful. It could be saying or doing something that could hurt someone else, but there is no intent to harm that person.

**Mean Behavior-** Mean behavior is purposefully doing or saying something that could hurt someone once or maybe twice. An important note about mean behaviors- they can hurt deeply and as adults we can make a huge difference when we hold children accountable upon discovery of these behaviors. However, there are important distinctions between behaviors that are mean and what actually constitutes bullying.

**Bullying-** Bullying is intentionally aggressive behavior, repeated over time and involves an imbalance of power between the victim and the aggressor(s). Incidents of bullying may be physical, verbal, and relational or carried out through technology (texts or social media).

Please note that if you are needing to report a bullying incident, you will find Plumas Unified School District's Bullying, Intimidation and Harassment reporting directions and form attached to this newsletter. It also can be found at: [http://www.pcoe.k12.ca.us/pages/Plumas\\_Unified/Parents/Bullying\\_Harassment\\_or\\_Intimi](http://www.pcoe.k12.ca.us/pages/Plumas_Unified/Parents/Bullying_Harassment_or_Intimi)

Your school site's Student Services Coordinator is more than happy to help you with the form. Student Services Coordinators also assist with coordination of non-academic services, support the implementation of Positive Behavior Intervention and Supports, provide mentoring to students in need, and facilitate referrals to necessary services in the community. Please feel free to contact your student's Student Services Coordinator any time for assistance or questions



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