



# Bullying and Harassment



We have the power to make our school safer

Bullying/Harassment  
Reporting and Information Line  
305-995-CARE (2273)

[Bullying and Harassment Online Reporting Form](#)



Anonymous reports may be made:

On the School District 's Internet website  
<http://forms.dadeschools.net/webpdf/7229.pdf>  
The form can also be printed from the website  
and completed in writing.

## Bullying/Harassment Definition

Systematically and chronically inflicting physical hurt or psychological distress on one or more students or employees that is severe or pervasive enough to create an intimidating, hostile, or offensive environment; or unreasonably interfere with the individual's school performance or participation.



## What to Do If You're Bullied

- **Look at the kid bullying you and tell him or her to stop in a calm, clear voice.** You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, **walk away and stay away.** Don't fight back. Find an adult to stop the bullying on the spot.



There are things you can do to stay safe in the future, too.

- **Talk to an adult you trust.** Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- **Stay away** from places where bullying happens.
- **Stay near adults and other kids.** Most bullying happens when adults aren't around.