



Wyoming Department of Education

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MEMORANDUM NO. 2007- 056

TO: School District Superintendents
Principals

FROM: Gerald Maas, Ph.D. 
Director, Health and Safety Unit

DATE: March 16, 2007

SUBJECT: Anti-Bullying Strategies

INFORMATION TO SHARE

In the last few weeks we have received a number of calls from parents regarding bullying in our schools across the state. In response to these calls, we are asking all superintendents, principals, teachers, and staff to increase vigilance regarding bullying. We know many of you have good anti-bullying approaches in your schools, so please bring some additional attention to those at this time

The attachment to this memo has a list of examples of what bullying might look like in a school and also what students should do if they are being bullied. Additionally, listed below are some websites that address bullying, cyberbullying, and intervention strategies:

<http://www.cyberbullying.us/>
<http://bullyfreewyoming.com/>
http://www.parade.com/articles/editions/2007/edition_02-25-2007/Cyberbullying
<http://www.isafe.org/>
<http://www.stopbullyingnow.hrsa.gov/index.asp?area=main>
<http://www.mindoh.com/>
<http://www.clemson.edu/olweus/index.html>

Please send the attachment and list of websites to the appropriate staff.

Thank you for your attention regarding bullying in our schools. Bullying can be eradicated or reduced substantially if we all put our collective effort together to ensure that attending school can be a positive experience for all of our students.

Please direct any questions regarding this memorandum to me at 307.777.6282 or gmaas@educ.state.wy.us.

Attachment

WHAT TO DO WHEN BULLYING OCCURS

- Stand up for yourself.**
 - Ignore (only use if it is the first time someone is bullying you or it is a person you don't know).
 - Say "That's mean. Stop it." or "I don't like that. Stop it."
 - Walk away. Tell an adult.
 - Stand up for someone else.**
 - Say "That's mean. Stop it."
 - Remove the person from the situation and say "Come sit by us." or "Come over here."
 - Create a distraction or change the subject.
 - Comfort someone.**
 - Say: "You're okay. Come sit by me."
"I'm sorry that happened to you."
"You don't deserve this."
 - Remove him/her from the situation.
 - Tell an adult or offer to go with him/her to tell an adult.
 - Walk away/Report to an adult.**
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What Does Bullying Look Like?

Any behavior intended to harm another.

Examples:

- Blocking someone's way
- Pushing
- Excluding/Ignoring someone
- Tapping/Poking
- Name-calling
- Tripping
- Mocking
- Eye-rolling
- Pretending to be friendly
- Staring
- Rumors
- Butting
- Shoving
- Setting someone up for failure or embarrassment
- Laughing at
- Hurtful notes/E-mails/Instant messages
- Picking on family characteristics
- Saving spots
- Physical aggression
- Threatening
- Hitting
- Kicking
- Swearing at someone
- Pushing books out of hands
- Racial/Ethnic/Religious remarks
- Sexual/Gender-based comments
- Publicly sharing personal information
- Ganging up
- Touching/Exposing
- Inappropriate gesturing
- Stealing/Damaging/Hiding Property
- Dressing to intimidate
- Embarrassing
- Stepping up into personal space
- Shutting someone's locker while in use
- Looking someone up and down with disgust