



AYNOR MIDDLE SCHOOL

Anti-Bullying Contract

Bullying is:

- A behavior that hurts or harms another person physically, socially, or emotionally.
- An inability for the target to stop the behavior and defend himself/herself.
- An imbalance of power that occurs when the student doing the bullying has more physical, emotional, or social power than the target.
- A repetitive behavior (however, bullying can occur in a single incident if the incident is either very severe or arises from a pattern of behavior).
- Behavior that includes **cyberbullying** through using the internet, cell phones, video game systems, or other technology to send or post text or images intended to hurt or embarrass another person.

I understand that I can tell a trusted adult at school by:

- Meeting with a teacher.
- Requesting to see a counselor.
- Requesting to see an administrator.
- Requesting to see the nurse.
- Emailing a teacher, a counselor, an administrator with my concerns.
- Submitting an anonymous note.

I understand that when I tell an adult at home and I tell an adult at school, I can help by sharing:

- Specific statements and actions of the offenders. (submit an incident form).
- Names of witnesses who may have observed or have other first hand knowledge of the actions.
- The locations and times that the bullying took place.
- Screenshots or saved messages of the bullying on my device so that AMS administrators can fully investigate and address the concerns as quickly and as accurately as possible.

I have reviewed the information regarding the definitions and different types of bullying and how I can report bullying concerns.

I pledge to:

- Treat others with respect.
- Not use bullying behavior toward others.
- Try to help others who are bullied.
- Try to include students who are excluded from groups.
- Tell an adult at school and an adult at home if I or someone I know is being bullied

Name _____ (or complete digital agreement)