

Mayor's Campaign to End Bullying

Returning from the 2014 National Conference of Mayors, then Mayor William Euille led the city of Alexandria in joining other cities across the country in a national bullying prevention initiative. Out of this effort, the Mayor's Campaign to End Bullying Committee was created. It continues to be supported by current Mayor Justin Wilson.

The goal of the Mayor's Campaign to End Bullying is to increase awareness of the negative impacts of bullying and increase the resources and tools available to prevent bullying in Alexandria.

Bullying is a problem with serious implications that should be addressed by all members of the community. The Mayor's Campaign recognizes bullying as a community issue that affects everyone from youth to adults. This issue is one that requires everyone to communicate in an open and non-blaming environment with a focus on building positive relationships and working together to support one another.

To date, the Mayor's Campaign to End Bullying has focused on researching the issue of bullying, meeting with stakeholders, including children and parents to share information and gain feedback. The committee has taken measurable steps to bring more awareness, communication and action into bullying prevention in the city of Alexandria.



Resources

National Center for Bullying Prevention
www.pacer.org/bullying/

National Education Association
www.nea.org/bullyfree

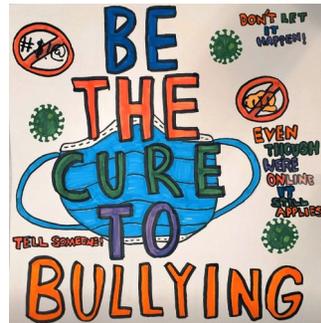
Center for Safe and Responsible Internet Use
<http://csriu.org>

Wired Safety
www.wiredsafety.org

Stop Bullying
www.stopbullying.gov

Cyberbullying Research Center
www.cyberbullying.us

National Suicide Prevention Lifeline
24 hours/day
1-800-273-8255 or
www.suicidepreventionlifeline.org



Nadia Yakoub, grade 11

For more information or to become involved,
contact:

Mac Slover - Committee Chairperson
mac.slover29@outlook.com
www.alexandriava.gov/EndBullying

or

www.acps.k12.va.us/domain/73

BULLY FREE
STARTS
WITH
ME!

MAYOR'S CAMPAIGN TO END BULLYING

The Mayor's Campaign to End Bullying works to raise awareness, foster a safe environment to end bullying in schools and communities, and to encourage everyone to be familiar with, and to take a stand against bullying.

ALEXANDRIA, VIRGINIA



What is Bullying?

Unwanted, aggressive behavior that is intended to *harm, intimidate or humiliate* the targeted person, involves a real or perceived *imbalance of power or strength*, and is typically repeated over time or causes severe emotional trauma.



Types of Bullying

- **Verbal:** name calling, teasing
- **Physical:** hitting, punching, shoving, kicking
- **Social:** spreading rumors, leaving people out on purpose, breaking up friendships
- **Cyberbullying:** using electronic technology such as cell phones, computers, tablets and communication tools including social media sites, text messages, chat and websites to harm or humiliate others

Bullying does not include

- ordinary teasing or horseplay
- mutual arguments or peer conflict
- *isolated* acts of meanness, aggression, social rejection or fights



Effects of Bullying

- Increased feelings of loneliness and sadness; poor self-esteem, feelings of being trapped, self-blame, etc.
- Decreased academic achievement and school participation
- Increase in health-related complaints such as headaches, stomach aches and insomnia

Statistics

Nationally

- More than 3.2 million students are victims of bullying each year.
- Seventy one (71%) of students report incidents of bullying as a problem at their schools.
- In national surveys, one in four teachers sees nothing wrong with bullying and is unlikely to intervene in a bullying incident. Some adults consider bullying an acceptable "rite of passage."

Locally (in Alexandria)

- According to the 2017 Youth Risk Behavior Survey, 13% of high school students reported being bullied on school property and 10% reported being bullied electronically.
- Twenty-five percent (25%) of middle school students reported being bullied on school property and 13% reported being bullied online.
- One in four middle school students reported they have been bullied on school property.



Jackson Widenhofer, grade 10

What To Do If You Encounter Bullying

- Report it. Tell a trusted adult about any incidents of bullying. Telling is not tattling if it helps to keep someone safe.
- Speak out. Tell the person engaged in the bullying behaviors to stop. "Don't keep teasing him (me)." "Stop hitting her (me)."
- Refuse to join in the inappropriate treatment of others.
- Befriend the person being targeted. Include those that are left out.



Angela Zelaya, grade 10

How to Report Bullying...



Contact your School Administrator



Complete an anonymous report via the ACPS App...select Tip Line



Contact any SAFE Place site (recreation center or fire station), call 703.746.5400 for 24-hour access to immediate help, or text the word "SAFE" and your current location (street address, city, state to 4HELP (44357))