“any intentionally written message or image — including those that are electronically transmitted, — a verbal, or physical act, including but not limited to one shown to be motivated by any characteristic in RCW 9A.36.080(3), (race, color, religion, ancestry, national origin, gender, sexual orientation including gender expression or identity, or mental or physical disability), or other distinguishing characteristics, when an act:

- Physically harms a student or damages the student’s property; or.
- Has the effect of substantially interfering with a student’s education; or
- Is so severe, persistent or pervasive that it creates an intimidating or threatening educational environment; or
- Has the effect of substantially disrupting the orderly operation of the school.”
How do I recognize bullying?

1. Repeated Event
2. Unwanted Behaviors
3. Imbalance of Power

How do I help my student if they say they are being bullied?

1. Ask questions:
   A. How long has this been going on?
   B. What other interactions, bad or good, have you had with them?
   C. Have you asked them to stop?
   D. Have you been able to talk with anyone on campus? Who would you go to?
   E. Do you have anything that has happened that you need to take responsibility for?

2. If you feel like it truly is bullying, encourage them to report to administration/counseling if they have not done so already.

3. Let them know they are doing the right thing and you are proud of them for sharing with you! It’s embarrassing for most students!

4. Remind them that the other student is choosing to break the rules and that is not their fault. Most bullies are not personally targeting but need power.

5. If you feel like they are not willing to say anything, contact your school counselor/administration right away. We have a no tolerance policy in our district. We want every student to have a great school experience!