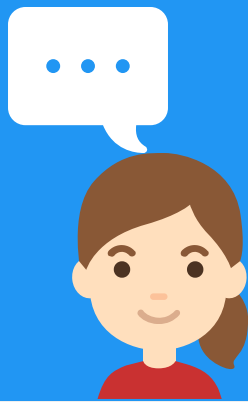


October is National Bullying Prevention Month

02

WEAR BLUE -
October 2nd - World Day of Bullying Prevention #BEKind



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Websites :
[National Bullying Prevention Center](http://NationalBullyingPreventionCenter.org)
[Stop Bullying.gov](http://StopBullying.gov)



09

Take a Pledge:
Pledge to #BeKind & Accepting of Others!



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Cyberbullying:

The most common places where cyberbullying occurs are:

- Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok.
- Text messaging and messaging apps on mobile or tablet devices
- Instant messaging, direct messaging, and online chatting.
- Online Forums, chat rooms, message boards



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October 14th -
Be an Upstander - Stand Up and Be a Friend - Include Others



ROCKINGHAM COUNTY SCHOOLS

Get the Message!
Know the Difference

Know the Definitions!

RUDE

DEFINITION: Inadvertently saying or doing something that hurts someone else.

The difference with being rude and mean has to do with the one's intention. Being rude is most often NOT intentional nor meant to hurt someone's feelings.

MEAN

DEFINITION: Purposefully saying or doing something to hurt someone once (or maybe twice).

Being mean is intentional and aims to be hurtful. Kids that are mean to one another are angry, jealous, or have the mistaken concept that to make themselves appear better they need to minimize others.

BULLYING

DEFINITION: Intentionally aggressive behavior, repeated over time and involves an imbalance of power.

A person who bullies does so intentionally to hurt someone and does so without remorse. A bully will use their power of physical strength, access to information, popularity, social status or other forms of dominance to control and harm others. Bullying behavior occurs more than one time or has the potential of happening more than once.

Source: Center for Safer Schools

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Unity Day - October 18th - Wear Orange to celebrate diversity and inclusion!



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October 25-29th
Red Ribbon Week

