CES Bullying Prevention Month

We are celebrating Bullying Prevention Month! Show your commitment to be a kind, compassionate Cougar and say “no” to bullying by participating in our spirit days!

<table>
<thead>
<tr>
<th>Date</th>
<th>Spirit Day Message</th>
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<tbody>
<tr>
<td>Monday, Oct. 18th</td>
<td>Kindness Makes Cougars Shine Bright! Wear your sunglasses to school!</td>
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<tr>
<td>Tuesday, Oct. 19th</td>
<td>Hats Off To Good Choices! Wear your favorite hat and practice making healthy choices all day!</td>
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<tr>
<td>Wednesday, Oct. 20th</td>
<td>Unity Day: Together Against Bullying, United for Kindness, Acceptance, and Inclusion! Wear orange.</td>
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<tr>
<td>Thursday, Oct. 21st</td>
<td>Kindness Is My Superpower! Wear your favorite superhero costume or shirt! No costume masks please.</td>
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<tr>
<td>Friday, Oct. 22nd</td>
<td>Kindness Makes Our Team Stronger! Wear your favorite team shirt or jersey! No jersey? No problem! Show your school spirit and wear your CES spirit wear. Go TEAM CES!</td>
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Morning Show Announcements & Classroom Counseling Lessons

Students will learn what bullying is and how to handle bullying behaviors. We will focus on kindness and respect! As the month progresses, ask your child about the 3 P’s of Bullying (Purpose, Pattern, Power) and “Stop, Walk, Talk!” Students will also practice distinguishing between rude, mean, bullying, and conflict behaviors.

What Is Bullying?

Bullying is intentionally harmful behavior, repeated over time, which involves an imbalance of power.

The three components of bullying are:

Purpose: Behavior is done intentionally to cause emotional or physical harm to others.
Pattern: The harmful behavior is repeated over a period of time.
Power: Individuals use their power (strength, age, popularity) to harm others.

If a student is being bullied, Stop, Walk, Talk!

Tell the person to STOP the behavior in a strong, confident voice. If it doesn’t stop, WALK away.
If it still doesn’t stop, TALK to a grown-up you trust!

Report it!

At school you may report incidents to any CES staff member.

Thank you for your support!

Kristina Wallace & Aliki Vidakis, Coventry School Counselors