

Think bullying isn't a big deal?  
Think again.

**1** out of **5**  
students is bullied

**5** out of **5**  
students can prevent bullying



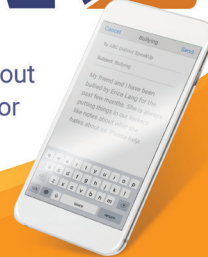
What you do **today**  
impacts someone's  
**tomorrow**

**SEE** **SOMETHING**  
**HEAR**  
**SAY**

TELL A TEACHER  
TELL AN ADMINISTRATOR  
SAFETY STARTS WITH YOU!

**SPEAK UP**

Share concerns about  
your classmates or  
school safety.



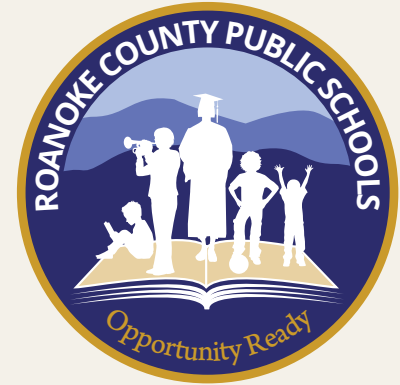
**EMAIL, CALL OR TEXT**

[speakup@student.rcps.us](mailto:speakup@student.rcps.us)

**540-595-0706**

EASILY REPORT:

- + Bullying
- + Threats of violence
- + Planned fights
- + Weapons in school
- + Students in crisis
- + Other urgent situations



**ROANOKE  
COUNTY**  
Public Schools

Roanoke County Public  
Schools is dedicated to  
providing a **safe** and  
**welcoming** learning  
environment for students,  
families, and staff.

"No act of kindness, no matter how small,  
is ever wasted."

- Aesop



**Be Safe      Be Respectful**  
**Be Responsible**

Roanoke County Public Schools provides education annually to students in grades K-12, families, and staff about **Expect Respect**, a bullying prevention program.

The goal of the Expect Respect program is to learn ways to handle and interrupt disrespectful behavior and comments when experienced towards self and others.

Schools will be acknowledging respectful behaviors during the month of October and we encourage parents to talk with their children about respectful behaviors.

Expect Respect is a STOP, WALK, and TALK model comprised of 4 strategies.

## STOP Strategy

If someone treats you or someone else in a way that feels disrespectful, you could:

1. **STOP** - Use the school wide "stop phrase." For example: "Please stop, that is disrespectful, I don't like what you're saying."
2. **WALK** - If they stop, walk away. If they don't stop, seek help.
3. **TALK** - Select a student or school adult to ask for support.



## UPSTANDER Strategy

If you see someone being disrespected, or the person won't stop when asked, you can ask them to stop, walk away with the targeted person, and say something supportive to them.

## GET HELP Strategy

Decide if you want to continue with your day or get help. Choose which adult or friend could help. Let them know what happened. The adult can help with next steps. A friend could help by being an upstander or walking away with you.

## STOPPING Strategy

If someone gives you the stop phrase, please stop what you are doing, even if you don't think you are doing anything wrong. Say OK to the person and walk away.

## What's BULLYING? What's CONFLICT?

**Bullying is aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the target; involves a real or perceived imbalance of power between the aggressor and the target; and can be repeated over time or causes severe emotional trauma.**

Physical bullying may include: repeatedly hitting, kicking or shoving someone weaker on purpose. Verbal bullying may include: teasing, putting down or insulting someone on purpose. Social/emotional bullying may include: getting others to repeatedly ignore or leave someone out on purpose. Cyber bullying involves using technology (cell, email, internet) to tease or put someone down.

**Conflict is a disagreement, fight or argument between two or more people where each person involved is participating and are of similar status (popularity, size, age, etc). It may involve repeated discussion and actions by all people involved and may go on for a period of time before resolution occurs.**

If you feel a behavior or situation fits the criteria above for a possible bullying incident, please contact the Bullying Contact at your student's school or use the SpeakUp reporting line on the reverse side of this brochure.