



# *Support makes everything possible.*

## Online Bullying Reporting Form

### Frequently Asked Questions

#### **1. What is bullying?**

Bullying is an act of aggressive behavior, which may be ongoing, in order to intentionally hurt another person. Bullying behavior may include:

- name calling
- intimidation
- threats
- public humiliation
- exclusion from activities
- unwanted touching
- physical abuse
- cyberbullying

Bullies may behave this way to be perceived as popular, tough, or to get attention. Bullying may seem harmless, but it can be very painful for the person targeted. Being the target of bullying can lead to depression and school performance and attendance issues.

Bullies select their targets for many different reasons, such as race, ability, appearance, sexual orientation, gender and gender identity, or are just perceived to be different.

*(Adapted from <http://studentspeakingout.org/bullying.html>)*

#### **2. Why should I make a bullying report?**

You deserve a school environment that is free from coercion and threats where you can focus on education and developing the skills you need to meet your goals in life. The presence of bullying at school can cause physical and emotional harm to students, and bullying at school frequently carries over to the community and online activity.

If you've been bullied or witnessed bullying, making a report is an important step to making yourself and your school safe.

#### **3. What are my reporting options? And what happens after I press "Submit"?**

The targets of bullying may be afraid to report. Although you always have the option of telling an adult staff member at your school, the Online Bullying Reporting Form allows you to report outside of the school setting, requires district and school staff to follow up and take action on the incident, and you may even report anonymously.

##### **Submitting an Anonymous Report**

- Anonymous means submitting a report without any of your personal information, such as your name, phone number, or email address.

- An anonymous report helps build up a picture about what is happening so that staff may investigate the incident as much as possible without knowing anything about you.
- Without your personal information, staff will not be able to contact you if they need or want additional information about the incident.

**Submitting a Report with Your Personal Information (name, phone, email, etc.)**

- When filling out the form, provide as much information as possible. An investigation will begin within five (5) working days.
- Once **submitted**, it will be forwarded to the site principal and the Office of Youth Advocacy. If you do **not** want the form to go to the principal, contact the Office of Quality Assurance at [qualityassurance@sandi.net](mailto:qualityassurance@sandi.net) or (619) 725-7211 to report bullying. Do not complete the form.

**Calling Students Speaking Out**

- If you have information about a crime, serious school violation, or dangerous activity at school you can call Students Speaking Out completely anonymously at 1-888-580-8477. For more detailed information follow the link:  
<http://www.studentspeakingout.org/students.html>

**4. Where else can I go to find help?**

Please see below for some local and national resources that can provide help for you or a friend:



San Diego Unified School District  
Office of Youth Advocacy  
619.725.5595  
[www.sandiegounified.org/office-youth-advocacy](http://www.sandiegounified.org/office-youth-advocacy)



Student Support  
[www.sandiegounified.org/Support](http://www.sandiegounified.org/Support)



LGBTQIA Student Resources  
[www.sandiegounified.org/lgbtq](http://www.sandiegounified.org/lgbtq)



The Trevor Project  
<http://www.thetrevorproject.org/>  
866.488.7386



The San Diego LGBT Community Center  
<http://www.thecentersd.org/>  
619.692.2077