



*Mayor's Campaign to End Bullying*  
**National Bullying Prevention Month Events – October 2016**

Date	Activity/Event	Location/Times/Other Information
10/1, 10/8, 10/15, 10/22, 10/29	<b>Alexandria All Sports Bully-Free Saturdays</b> – Wear green or take a pledge in support of a Bully Free Alexandria. Endorsed and supported by the RPCA Youth Sports Advisory Board, Alexandria Titans Youth Football, Alexandria Lacrosse Club, Alexandria Rugby Club, Alexandria Soccer Association, Alexandria Little League, Miracle League of Alexandria, and public and private high school athletic and booster clubs. Some field locations will have Bully Free banners,stickers and giveaways. For more info, contact <a href="mailto:mac.slover@alexandriava.gov">mac.slover@alexandriava.gov</a> .	Contact your local youth clubs, high schools, and organizations for participation information.  Anyone wishing to take the Bully Free pledge may send them to <a href="mailto:mac.slover@alexandriava.gov">mac.slover@alexandriava.gov</a>
10/3- 10/21	<b>“Bully Free Starts With Me!” Poster Contest</b> – Calling all elementary, middle and high school students, youth rec center users, and afterschool program participants: design a poster showing what you can do to prevent bullying and win a great prize! For more info, contact <a href="mailto:mac.slover@alexandriava.gov">mac.slover@alexandriava.gov</a> .	Contest is open to private and public school students. See your teacher or leader if you are interested in participating. <i>Posters must be submitted to a City recreation center by October 21.</i>
10/3– 10/31	<b>Anti-Bullying Tips and Resources of the Week</b> – Every Monday, a new message and tips will be sent to schools, recreation centers, and afterschool programs	To be announced in all ACPS schools, City recreation centers and afterschool programs.
10/3- 10/31	<b>Department of Recreation, Parks and Cultural Activities Recreation Centers</b> – The City’s recreation centers will host a number of afterschool events incorporating art, drama and discussions on bullying prevention and education. These events will also include “Spookley – The Square Pumpkin,” bullying prevention, and character values education. For info, contact <a href="mailto:mac.slover@alexandriava.gov">mac.slover@alexandriava.gov</a> .	All City neighborhood recreation centers.
10/3- 10/31	<b>Alexandria City Public Schools (ACPS) Department of Student Services, Alternative Programs and Equity</b> – The department will host bullying prevention activities throughout the 2016-2017 school year at all the city’s public schools. Activities will include classroom lessons, assemblies, announcements, movies, pledges, special bully awareness days, games, and other events.	All City public schools.
10/3- 10/31	<b>Campagna Center</b> – hosting numerous Bullying Prevention Month events through October at their afterschool sites using books and activities with anti-bullying themes. As part of the events, children and staff will take the anti-bullying pledge. For more info, contact <a href="mailto:kdoxsee@campagnacenter.org">kdoxsee@campagnacenter.org</a>	Campagna Center 418 S.Washington St. 
10/4 - 10/29	<b>Ease Yoga &amp; Café: Bully-Free Yoga Kids Classes</b> – Children will explore yoga and movement through games, stories, music, and simple breathing activities that will incorporate information on bullying. For more info, contact <a href="mailto:bethawolfe@gmail.com">bethawolfe@gmail.com</a> .	Ease Yoga and Café, 3051 Mt. Vernon Ave. Tuesday (4-4:45 p.m.), ages 6-10 Saturday (9:30 - 10:30 a.m.), ages 4-7 
10/5	<b>National Bullying Prevention Month Proclamation</b> – Come to City Council’s regular legislative meeting at 7 p.m. for the official kickoff of this year’s National Bullying Prevention Month events.	City Council Chambers, City Hall, 30110 King St., 7 p.m.
10/6	<b>Bully Free Girls Field Hockey Game Night</b> – T.C. Williams Girls Field Hockey teams will be hosting three games. Girls will wear green ribbons and everyone who attends will be given Bully Free stickers.	Minnie Howard School Field 3701 W. Braddock Rd. Game times: 5 p.m., 6:15 p.m., and 7:30 p.m.
10/7	<b>Bully-Free Family Splash Night</b> – The Chinquapin Park Recreation Center will be hosting Charles Barrett School and PTA in a night of swimming, games, giveaways, food and fun for families of children who attend . The evening will include a discussion on bullying prevention.	Chinquapin Park Recreation Center, 3210 King St., 6-9 p.m.
10/14	<b>UNITY DAY</b> – For all youth and adults in the city. Wear green to show your support for a Bully Free Alexandria. Hashtag your posts and photos on social media with <b>#Green4BullyFree</b> .	This is a citywide event.
10/14	<b>Titan Take Over Bully-Free Night</b> –Enjoy activities, food, music and games focused on bullying prevention. Sponsored by the Substance Abuse Prevention Coalition of Alexandria, the Alexandria Campaign on Adolescent Preganancy. For more info, contact <a href="mailto:Whitney.Chao@alexandriava.gov">Whitney.Chao@alexandriava.gov</a> .	William Ramsay Recreation Center 5650 Sanger Ave. 7-10 p.m.  

10/20	<b>“Lights On” Afterschool Program</b> – One-day event to promote afterschool programs focusing on bullying prevention art and activity projects. Led by the Alexandria 4-H Cooperative Extension Office at all of the recreation centers. For more info, contact <a href="mailto:mac.slover@alexandriava.gov">mac.slover@alexandriava.gov</a> .	All City neighborhood recreation centers.
10/28	<b>“Bully Free Starts With Me!” Poster Contest Winners Announced</b> – Winners will be presented with their prizes and pictures will be taken. Winning posters will be displayed in city facilities.	Winners will be announced at the Lee Center at 1 p.m.
10/30	<b>Bully-Free Girls Volleyball Clinic</b> – T.C. Williams Girls Volleyball teams are hosting a volleyball clinic for the recreation league girls. Girls will wear Bully Free stickers and incorporate a discussion on bullying in the clinic format. Participants must be registered with the recreation volleyball league to participate. For more info, contact <a href="mailto:tamika.coleman@alexandriava.gov">tamika.coleman@alexandriava.gov</a> .	T.C. Williams High School Gymnasium, 3330 King St. Noon-4 p.m.

The Mayor’s Campaign to End Bullying was begun in 2014 by then-Mayor William D. Euille. Over the last two years, city agencies, school system, community organizations, youth leaders and community residents have worked together to increase the awareness of the negative effects of bullying and to prevent bullying among our youth. This year, the Mayor’s Campaign Committee decided as part of its **“Bully Free Starts With Me!”** initiative, to host programs, activities or events promoting positive behaviors among youth throughout our City, not just in our schools, but also during National Bully Prevention Month and beyond.

## Bullying 101: Questions and Answers

### What is Bullying?

*Unwanted, aggressive behavior that is intended to harm, intimidate or humiliate the targeted person, involves a real or perceived imbalance of power or strength, and is typically repeated over time or causes severe emotional trauma.*

Bullying *does not include*:

- Ordinary teasing or horseplay
- Mutual arguments or peer conflicts
- **Isolated** acts of meanness, aggression, social rejection or fights

### What is Conflict?

*Conflict is a disagreement or argument in which both sides share their views.*

### Types of Bullying

- *Verbal Bullying*: includes name calling, making threats, insults, intimidation, remarks regarding race, gender, religion, physical abilities, sexual orientation, physical characteristics or other forms of verbal abuse.
- *Physical Bullying*: Consists of hitting, kicking, tripping, spitting pinching, pushing or damaging someone’s property.
- *Relational or Social Bullying*: This is designed to hurt someone’s reputation or relationships.
- *Cyberbullying*: Involves taunting or humiliation through the use of electronic technology such as cell phones, computers, tablets and communication tools including social media sites, text messages chat and web sites.

### Help Your Child Identify Bullying

If your child tells you about a situation and you aren’t sure if it’s bullying, use this checklist:

- Does your child feel hurt, either emotionally or physically, by the other child’s behavior?
- Has your child been the target of the negative behavior more than once?
- Does your child want the behavior to stop?
- Is your child unable to make the behavior stop on their own?

For more information on the Mayor’s Campaign to End Bullying, contact [mac.slover@alexandriava.gov](mailto:mac.slover@alexandriava.gov)  
[www.alexandriava.gov/EndBullying](http://www.alexandriava.gov/EndBullying)      [www.acps.k12.va.us/student-services/bullying](http://www.acps.k12.va.us/student-services/bullying)