

## Lub Tsev Kawm Ntawv Sabish Middle School

- Xyoo 2009 nyob rau hauv Wisconsin Act 309 tshwm tsab cai tias yuav tsis pub cov tsev kawm ntawv muaj kev sib thab sib ntaus, hais lus saib tsis tau, los yog lom txwm ua rau lwm tus (bullying) nyob rau hauv tsev kawm ntawv.
- Fond du Lac School District Board of Education Policy 10.22 tsis pub muaj kev sib thab sib ntaus, hais lus saib tsis tau, thiab lom txwm ua rau lwm tus (bullying) nyob rau hauv ib lub tsev kawm ntawv twg qhov av los yog tej kev uas yuav cuam tshuam txog kev kawm ntawv. Yog xav paub txog txoj cai no mus saib tau ntawm [www.fonddulac.k12.wi.us](http://www.fonddulac.k12.wi.us).
- Yog koj yuav xav ceeb toom tej yam teeb meem uas yog kev sib thab sib ntaus, hais lus saib tsis tau, kev lwm tus lom txwm ua rau lwm tus (bullying) no thov sau rau daim ntawv "Bullying Incident Report" nyob tom tsev kawm ntawv los yog nyob online ntawm: [www.fonddulac.k12.wi.us/article/bullying-incident-report/2295](http://www.fonddulac.k12.wi.us/article/bullying-incident-report/2295)
- Thov hu tau rau Torrie Rochon-Luft ntawm (920)929-2800 yog muaj lus noog los yog kev txhawj xeeb.

Kev sib thab sib ntaus, hais lus saib tsis tau, thiab lom txwm ua rau lwm tus (bullying) yuav ua ib qho chaw uas tsis zoo rau peb cov menyuam xws li yog kev sib haum xeeb, kev xav, kev coj, thiab kev kawm ntawv.

Bullying yuav tshwm sim tau rau txhua txhua qhov chaw uas muaj menyuam yaus. Peb sawv daws yuav tsum tau pab saib xyuas thiab xyuam xim txog cov menyuam kom txhob raug teeb meem.

Yob peb los koom tes ua kev, tag nrho cov tsev neeg, cov tsev kawm ntawv, thiab lub zej zog peb yuav pab tau peb cov menyuam los yog pab cheem kom "Bullying" tsis txhob tshwm sim es peb cov menyuam thaj li tsis raug teeb meem.

Yog kuv xav kawm txog bullying thiab ntaus ntawv hais tsis zoo rau lwm tus xws li yog cyber bullying kuv yuav mus nrhiav qhov twg?

- [www.stopbullying.gov](http://www.stopbullying.gov)
- [www.commonsensemedia.org](http://www.commonsensemedia.org)
- [www.PACER.org](http://www.PACER.org)
- [www.cfchildren.org](http://www.cfchildren.org)
- [www.cyberbullying.us](http://www.cyberbullying.us)

Cov menyuam uas raug lwm tus tib neeg ua saib tsis tau, cem, ntaus, los sis lom txwm ua rau "bullied", cov uas saib lwm tus ua rau lwm tus, thiab cov uas ua saib tsis tau lwm tus "bullying", tej zaum yuav muaj teeb meem tshwm sim rau nws tus cwj pwm, kev sib haum xeeb nrog lwm tus, kev coj ntawm nws tus kheej. Yog koj muaj kev txhawj xeeb txog koj tus menyuam, koj tham nrog tau rau cov xib fwb tham, tus xib fwm loj, thiab nrog tus counselor tom tus menyuam lub tsev kawm ntawv, los sis nrog kws kho mob tham, thiab nrog cov neeg txawj ntse uas paub txog tej yam no. Mus saib tau ntawm: [www.csifdl.org](http://www.csifdl.org) yog koj xav paub kev pab cuam txog kev sib hawm xeeb ntawm cov menyuam..

## Sabish Middle School

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Bullying yog txhais tau hais tias txhua yam uas yus txaus siab, lom txwm xav ua saib tsis tau xws li hais lus yam saib tsis taus lwm tus, paub ntsoov hais tias yuav tsim teeb meem thiab kev raug mob, kev nyuaj siab, los tej zaum yuav ua rau lwm tus qee yam khoom puas, thiab yuav ua rau tus neeg ntawv noj tsis qab nyob tsis zoo ntawm nws tus kheej.

### To Taub Bullying:

- Bullying tsis yog yam cwj pwm uas tib neeg xav pom thiab xav txais
- Bullying tsim kev phom sij heev rau tus uas luag ua saib tsis taus, tus uas mus ua saib tsis tau lwm tus, thiab tus pom luag ua saib tsis taus.
- Bullying yog:
  - **Lub Cev -Physical** (ntaus, rho nrig. ncaws, tu sab)
  - **Hais Lus -Verbal** (Hawv kom ntshai, hem, los yog hais lus saib tsis taus lwm haiv neeg, lom txwm hu tej lub npe yam tsis saib neeg .
  - **Yeeb Yam Ua -Indirect** (Lus xaiv, yeeb yam hem, kev sib cai, sau ntawv sib ceg hauv xov tooj thiab hauv computer)
- Niam txiv, cov xib fwb, thiab cov laus neeg yuav tsum qhib kev sib tham nrog cov tub ntxhais kawm ntawv: nrog lawv tham kom tsis txhob tu ncuu thiab mloog tej yam kev txhawj xeeb ntawm lawv tus kheej.
- Cov menyuam uas pom lwm tus ua saib tsis taus lwm tus tab sis tsis hais qhia rau leej twg ces yuav zoo li nws txhob txwm nrog tus ntawv ua saib tsis taus thiab.
- Cov niam txiv, cov xib fwb, thiab cov laus neeg pab qhia tau cov menyuam kom lawv saib xyuas thiab paub daws teeb meem nrog rau tus neeg uas ua yam saib tsis taus lawv. (Xws li nram no: “Tsum. Koj ua tsis yog lawm,” taug kev mus nrog tus neeg pab tab tham.)
- Peb lus tsev kawm ntawv yog ib lub Positive Behavior Interventions & Supports (PBIS) thiab peb cov kev xav tau yog saib xyuas kom txhob mauj teeb meem, xyuam xim, sib fwm, Peb tsis tso cai rau kom mauj kev tsis sib fwm, thiab kev hais lus saib tsis tau lwm tus.

### Lus Ceev Faj Ntawm Bullying:

**Cov menyuam uas pom lwm tus uas saib tsis tau lwm tus yuav mauj kev xav thiab koj li tus uas raug saib tsis tau xws li nram no:**

- Tus siab, chim, ntshai, nyuaj siab.
- Pauv nws tus xeeb ceem nws niaj zaus koj
- Tsis qab los noj mov, pw tsis tsaug zog, los yog tsis xav ua dab tsis
- Pauv nws tus peev xwm thiab kev xav ntawv nws tus kheej

**Coj tau tus yeeb yam ntshai, coj tsis tus, thiab nyob rau qhov chaw phom sij Cov menyuam uas hais lus thiab ua saib tsis taus lwm tus yuav mauj raws li nram no:**

- Ua teeb meem rau lwm tus
- Sib ceg thiab sib ntaus nrog lwm tus
- Yuav raug xa mus ntsib tus xib fwb loj yam tsis cuag ncuu
- Mauj nyiaj tej yam khoom tshiab xws li nyiaj uas tsis yog nws li
- lab liam lwm tus
- Tsis xav txais lus txib los ntawm lwm tus
- Ua phooj ywg nrog rau cov neeg tsim teeb meem
- Xav kom nws yog tus yeej thiab tus zoo tshaj xwb

**Cov uas raug lwm tus ua saib tsis tau thiab tsim mauj raws li nram no:**

- Khoom puas, khoom ploj, los yog khaub ncaws ploj • Raug mob yam qhia tsis tau
- Nroo mob tas li (mob plab, mob tob hau, mob ib ce)
- Tsis qab los noj mov, pw tsis tsaug zog, los yog tsis xav ua dab tsi
- Tsis xav nrog phooj ywg, tsis xav mus kawm ntawv, tsis xav ua lwm yam
- Tus siab, chim, ntshai, los yog nyuaj siab
- Tham kev nws pab tsis tau nws los yog tua nws tus kheej • lab liam nws tus kheej
- Pauv nws tus cwj pwm nws niaj zaus koj

\*\* Mauj ntau zaus cov menyuam kuj coj tau ntau tus cwj pwm ntawv qho teeb meem saib tsis taus neeg. Xws li, ib tug menyuam uas pom lwm tus raug ntsim tej zaum nws yuav rais ua tus neeg raug tsim los yog tus neeg tsim lwm tus thiab.\*\*

### Kev Yuav Cheem Bullying:

- Tsim cov cov xeeb ceem kom meej nyob pem tsev, pem tsev kawm ntawv, hauv zej zog, thiab tsim kom tau ib qho chaw uas tsis pub mauj bullying
- Qhia cov menyuam kom nco qab ACT:
  - **A —Action (Ua)** (Hais kom tsum, mus nrhiav kev pab)
  - **C — Care** (Saib Xyuas)(Saib xyuas qhov teeb meem tam sim ntawv
  - **T — Talk** (Hais Lus)(Mus ceeb toom rau ib tug laus neeg uas ntseeg siab)
- Tsis txhob pub bullying tshwm sim . Hais tias “TSUM! Tsis txhob uas lawm na,” thiab khiav pais.
- Qhuab qhia cov kev xav tau rau cov menyuam uas pom bullying kom lawm mauj peev xwm es tsis txhob pub bullying tshwm sim haum lawm lub tsev kawm ntawv.
- Qhia cov menyuam kom lawm mus ceeb toom tam sim ntawv yog lawm pom bullying tshwm sim
- Nyob rau hauv tsev kawm ntawv, niam txiv, xib fwb, thiab cov menyuam kawm ntawv mus ceeb toom txog bullying yuav tsum tau sau rau daim ntawv “Bullying Incident Report”, ntawm [www.fondulac.k12.wi.us/article/bullyingincident-report/2295](http://www.fondulac.k12.wi.us/article/bullyingincident-report/2295)
- Yog teeb meem tshwm sim mauj kev raug mob los yog kev lwm tus hawv yuav raug mob, ceeb toom rau Police.

### Yog txomnyem, Mean, los yog thab plaub?

- Thaum ib tug neeg hais tias los yog ib yam dab tsi unintentionally ua phem ua qias, ib zaug. Qhov ntawd yog tsis paub.
- Thaum ib tug neeg hais tias los yog ib yam dab tsi txhob txwm ua phem ua qias, ib zaug. Uas yog txhais li cas.
- Thaum ib tug neeg hais tias los yog ib yam dab tsi txhob txwm ua phem ua qias, pheej. Uas yog kev siab phem.