

Temple Sinai is a No-Bullying Zone

Bullying is when one person deliberately and repeatedly intimidates or harms, or publically embarrasses another.

Bullying can appear in many different ways:

Physical	hitting, kicking, shoving, mean hand gestures
Verbal	teasing, taunting, name calling, threatening remarks, spreading rumors
Cyber	using technology to threaten, insult or harass
Indirect	excluding or intentionally leaving a person out, getting someone else to bully another person, gossiping

At Temple Sinai we have no tolerance for bullying of any kind. Our staff is trained to identify bullying and to report any incidents of bullying to the Director. At the beginning of the year and throughout the year, our students will be taught about what it means to create a sacred community where everyone is treated with kindness and dignity, what to do when they feel they are being bullied, what to do when they witness bullying, and how bullying has no place at Temple Sinai.

Sometimes students confuse other behaviors with bullying. No doubt, students will say things to one another which can be mean or hurtful, and whether these things are said intentionally or unintentionally, they still hurt.

Our responsibility at Temple Sinai is to teach our students what to do when they feel they are being bullied, and what to do when they see somebody else being bullied. We encourage our students to speak up and seek help if and when bullying occurs. At Temple Sinai we follow the Jewish ethic that teaches that we are all responsible for one another, including each other's feelings. Every student will be taught that every child has a right to be here and to be treated with respect, and that when we see another person being bullied, we should not be bystanders and stand silent, but we should report the abuse to an adult who can stop it.

We also want to make sure that our students do not participate in any form of **cyber bullying**. Cyber bullying is using technology to threaten, insult or harass. Technologies like cell phones and the Internet allow for aggressive expression toward others that doesn't rely on physical strength or even physical contact. A person who cyber bullies can aggressively and anonymously (by creating a false screen name) spread rumors, threats, hate mail, or embarrassing photos through text messages, emails, or instant messages.

You can read more about bullying at: www.stopbullying.gov or www.eyesonbullying.org

Please read and discuss the bullying pledge (on the reverse side of this page) with your child. Please make sure that both of you sign it and return it to us. We hope that this will further impress upon our students that when we say Temple Sinai is a No-Bullying Zone – we mean it!

* Adapted from URJ Camp Eisner's No-Bullying Zone Policy, 2012

(PLEASE TURN OVER FOR PLEDGE THAT MUST BE SIGNED AND RETURNED TO SCHOOL.)
ALL STUDENTS IN GRADES 3-12 MUST SIGN THIS PLEDGE IN ORDER TO BE ADMITTED INTO CLASS.
PLEASE RETURN THE SIGNED FORM WITH YOUR REGISTRATION MATERIALS.

Student's Name _____

Student's Grade _____

TEMPLE SINAI ANTI-BULLYING PLEDGE

By signing this Anti-Bullying Pledge, I agree to uphold the following Jewish values:

- ✓ Treat others respectfully – *kavod*
- ✓ Include those who are left out – *dibuk chaverim*
- ✓ Never bully or tease others – *derech erez*
- ✓ Not participate in gossip – *lashon hara*
- ✓ Never watch, laugh or join in when someone is being bullied – *lo ta-amod al dam rayecha*
- ✓ Tell a teacher when I suspect or witness bullying – *ometz lev*
- ✓ Help those who are being bullied by having the courage to be an ally - *rachmanut*
- ✓ Never participate in any form of cyber bullying by using my computer or cell phone to threaten, insult or harass any of my fellow students. If I do witness any cyber bullying, I will tell a parent immediately - *lo ta-amod al dam rayecha*, "Do not stand idly by," Leviticus 19:16.

I understand that bullying has no place at Temple Sinai. I also understand that the Religious School Director is the final judge regarding how a bullying incident will be dealt with, and bullying behaviors will be dealt with as follows:

1st Incident: Child and Parent will be called in to meet with the Director to discuss next steps, which will be at the discretion of the Director.

2nd Incident: Child will be suspended from his/her regular class and will instead meet for private learning sessions with the Director or a member of our staff for a period of time to be determined by the Director, in consultation with our clergy, until it has been determined that the student can come back into the regular program and exhibit proper behavior.

Signature of Student

Date

PARENT I have read and discussed the importance of Temple Sinai's Anti-Bullying policy with my child. He/she understands that Temple Sinai is a No-Bullying Zone, and will uphold the values inherent in the agreements stated above.

Signature of Parent

Date