

Have You Experienced Bullying?

Everyone has the right to a safe education.

Here are some steps you can follow to exercise your rights:

1. Document everything

Experiencing bullying or harassment can feel startling. Sometimes educators have a hard time knowing what happened. It's important you document what happened, where, how, and who was involved.

Use as much detail as possible - keep a journal or keep a digital paper trail.

2. Tell someone & take care of yourself

Tell a friend, a trusted adult, or school staff what is going on. You can reach out to Iowa Safe Schools staff for support anytime. **Even though Iowa State law requires reports of bullying to be filed in a written report, don't go at it alone!**

3. File a report

When you are ready to act, tell a school administrator you would like to file an *official* report. You are not alone!

**The Iowa Anti-Bullying Law (Iowa Code 280.28)
specifically outlines our state's ban on bullying**

Reach out to our GSA Coordinator, Hannah
Mitchell, for support:

hannah@iowasafeschools.org