



## Watch OUT for the Three Strikes Law

### What is the Three Strikes Law?

Another problem with bullying is California's Three Strikes Law—some actions you take as a bully are crimes and can count as a “strike”, leading to greater punishments each time you commit another crime:

- ⇒ **The Three Strikes Law punishes repeat offenders.** After just one *strike*, you can get stricter and longer sentences each time you are convicted of another crime—even if it is a non-violent or non-serious crime.
- ⇒ If you get three strikes in your life, you can get sentenced to a minimum of **25 years to life in state prison.**
- ⇒ Strikes cannot be sealed or cleared from your record.



How old do I have to be to get a *strike*?

You can get a strike starting at **age 16!**

### What are some examples of strike crimes?

- ⇒ Many kinds of assault
- ⇒ Robbery with a weapon
- ⇒ Arson
- ⇒ Discharge of a firearm in an occupied building
- ⇒ Making or selling drugs



## GET HELP! Resources and Information

### Where can I get help or more information?

- ⇒ **The Dean's Office** — The Dean has to investigate your complaint and write a report with the school's findings and the actions the school will take to stop the harassment.
- ⇒ **The Wellness Center** — The counselors will listen to your problem, keep it confidential, and talk to you about what you can do. Visit: <http://www.sfwellness.org/>
- ⇒ **Peer Resources** — Here, you can find another student who will listen to your problems and who will find a way to help you. The student also may mediate the problem between you and the other person. Learn more about programs like the Health Promotion Committees at: <http://www.healthiersf.org/Programs/ps-highSchoolHealthPromoCom.html>
- ⇒ **San Francisco Peer Court** — Get justice in an alternative community court run by students. For more information, visit [www.peercourt.org](http://www.peercourt.org).
- ⇒ **Community Resources at school or in the community** — Community organizations that can help you. (i.e. United Playaz, H.O.M.E.Y., Community Response Network (CRN), Community Youth Center, etc.) For more information call (415)554-8419 or visit: <http://resources.sfayan.org/>
- ⇒ **Youth Line** — You can talk with someone your own age, 4pm to 10pm, 7 days a week at this toll-free number: **1-888-977-3399** Or you can anonymously IM with someone on-line at: [www.youthlinesf.org](http://www.youthlinesf.org).
- ⇒ **California Youth Crisis Hotline** — This is a toll-free confidential line where trained volunteers can help you. Open 24 hours a day! **1-800-662-8887**
- ⇒ **Safe School Line** — An anonymous complaint line ran by San Francisco School District.  
Go Online: [www.sfusd.edu](http://www.sfusd.edu)  
Call: (415) 241-2141  
E-MAIL: [safeschool@sfusd.edu](mailto:safeschool@sfusd.edu)

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# KNOW YOUR RIGHTS



THE VIOLENCE

## Bullying & Harassment in School





## You Have Rights!

### What should I do if I'm being harassed?

If someone is harassing you, here are some ways to stop it:

⇒ **Walk away.**

Calmly and quickly leave the situation, especially if you are in physical danger.

#### What is harassment?

Harassment includes name calling, violence, threats or making unwelcome sexual advances. You should never have to put up with harassment from anyone. In fact, you have a right to NOT be harassed.

⇒ **Resist the urge to argue or fight back.**

Fighting back makes the situation worse and could lead to someone getting very hurt or getting in trouble with the police.

⇒ **Stay calm and ask for help from an adult.** If the first person you talk to is not listening, talk to someone else.

⇒ **File a complaint with your school.** Talk to your principal, counselor, or teacher. Keep a record of all complaints you make: When did you complain? To whom? Any witnesses to the incident?

### What should I ask from the school?

⇒ If you want, you can ask the school keep secret that you reported the problem,

⇒ Ask to be separated from the other student,

⇒ Ask to have a teacher or counselor to monitor your safety,

⇒ Schedule regular check-ins with an adult you trust at the school to discuss any problems that might come up,

⇒ Consider asking the school to provide a mediator. This is a neutral person who hears from both sides and tries to come up with a fair agreement that works for everyone.

## What should I do if I am a VICTIM of BULLYING?

### How can I get help if I'm being harassed?

- **Tell an adult you can trust**—This can be a parent, a teacher, the dean, a school counselor — any adult who will listen to your problem may be able to help you.
- **Report the problem to a teacher, counselor or other staff person** —
  - ⇒ The school staff person must report your complaint to the principal within 24 hours. Even if you just verbally report a complaint, the principal still has to investigate the complaint.
  - ⇒ The school must then complete an investigation within 10 working days and write a report describing the actions taken by the school to end the harassment and to prevent it from happening again.

### How do I report harassment and bullying?

#### You can file a written complaint at the school, district, or federal level:

⇒ **Safe School Line** — This is an *anonymous* complaint line ran by San Francisco School District with 3 ways for you to report incidents of harassment and violence:

1. **Go Online:** [www.sfusd.edu](http://www.sfusd.edu)
2. **Call:** (415) 241-2141
3. **E-MAIL:** [safeschool@sfusd.edu](mailto:safeschool@sfusd.edu)

⇒ **Write a complaint to School District** —

Print out the complaint form at <http://orb.sfusd.k12.ca.us/forms/equity/UniformComplaintForm.doc>, fill it out, and give it to your school district's "Compliance Coordinator."

⇒ **Report to U.S. Department of Education** — You can submit a complaint on-line with the U.S. Dept. of Education at <http://www.ed.gov/about/offices/list/ocr/>.



## If you are a BULLY, STOP!

### How do I know if I'm being a bully?

If you are hurting another person through your words or actions over and over again, you are being a bully and may be guilty of harassment, battery,



assault, a hate crime, or even gang activity.

**THINK BEFORE YOU ACT:** Beating up another person can count as a strike against you (assault), leading to jail or prison time. **DO NOT respond to violence with more violence.**



### What can happen to me if I'm being a bully?

If you have been harassing someone, you should know that you can get into

serious trouble. Anyone, even a witness or bystander, can file a complaint with a teacher, counselor, the dean, or even the police against you for discrimination and harassment.

- ⇒ Counseling
- ⇒ Mediation (ask for this, this is available in some situations)
- ⇒ Suspension,
- ⇒ Expulsion, and/or
- ⇒ Jail or prison time, depending on the seriousness of your actions.



**REMEMBER:** You must file your complaint within 6 months of the incident!