

## Suggestions to Parents

- ◆ Help children develop self confidence
- ◆ Communicate and ask questions
- ◆ Teach empathy
- ◆ Encourage childhood friendships
- ◆ Do not teach aggressive behavior
- ◆ When necessary, intervene
- ◆ Stay involved in the school
- ◆ Talk to teachers and administrators
- ◆ Do not react emotionally
- ◆ Discuss the difference between narc-ing and reporting

## Keep Your Child from Bullying

- **Address the situation right away.** Never assume the problem will resolve itself.
- **Point out the bullying behavior.** Keep the focus on your child's actions. Make it clear that the behavior is unacceptable.
- **Spend time with your child daily.**
- **Know where your child is and with whom.**

## If Your Child Is Bullying

- ◆ Make it clear that you do not tolerate this behavior, but that you still accept your child.
- ◆ Reward good behavior.
- ◆ Arrange for an effective nonviolent consequence if your child continues to bully.
- ◆ Teach your child positive ways of solving problems and managing anger

## All Adults Should

- ◇ Recognize the signs and symptoms of a child who may be bullied.
- ◇ Intervene when bullying is suspected.
- ◇ Talk with child about what bullying is an isn't.
- ◇ Reinforce appropriate bystander behavior.
- ◇ Communicate in a timely manner, with supervising responsible adults..



### Primary sources used:

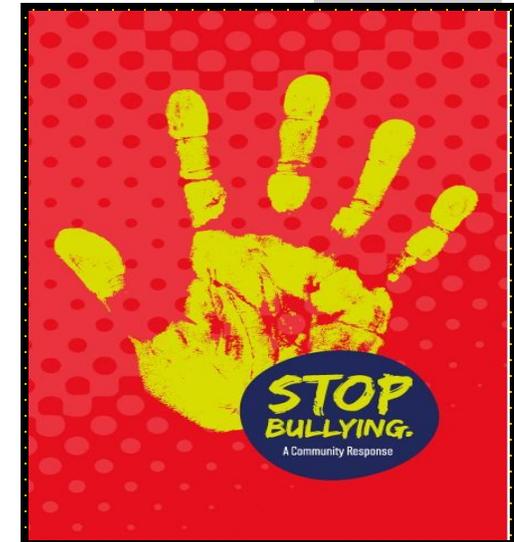
- Together We Can Be Bully Free A Mini –Guide For Parents
- ECHO Lit Posters and More

### Some helpful websites:

- [www.nea.org/schoolsafety/bullying.html](http://www.nea.org/schoolsafety/bullying.html)
- [www.StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov)
- [www.bullyfree.com](http://www.bullyfree.com)
- [www.getnetwise.org](http://www.getnetwise.org)

# Creating a Bullying-Free School

-A guide for parents



**Bullying should not be a fact of life for any child.**

## What is the District's policy on bullying?

File: JFCF

*Bullying – For purposes of this policy, bullying is defined as repeated and systematic intimidation, harassment and attacks on a student or multiple students on or off school grounds perpetrated by individuals or groups. Bullying includes, but is not limited to,*



*...physical violence,  
...verbal taunts,  
...name-calling,  
...threats,  
...extortion or theft,  
...cyber attacks and*

*put-downs,*

*...damaging property, or*

*...exclusion from a peer group.*

*“District staff will report incidents of hazing and bullying to the building principal immediately.” “District staff who violate this policy may be disciplined or terminated.”*

## Bullying can take many forms

**Physical Bullying** is usually the easiest type to spot. It includes:

- \* Assaults such as hitting, pushing or tripping.
- \* Taking items such as money, food, or homework
- \* Damaging belongings such as clothing or school projects

**Verbal Bullying** is the most common type. It includes:

- \* Teasing and taunting
- \* Criticizing
- \* Spreading rumors
- \* Racial or ethnic slurs



**Nonverbal (relational) bullying** can be very subtle. It includes:

- \* Nasty looks
- \* Ignoring or excluding on purpose
- \* Trying to harm a person's friendships

**Cyber bullying** can happen in and out of school. It may involve:

- \* Sending cruel emails or instant messages
- \* Threatening others in chat rooms, via Facebook, Twitter, etc.
- \* Creating Web sites meant to damage reputations
- \* Taking embarrassing photos with cell phone cameras (sniping)

## What To Do If Your Child is Bullied

*Keep an eye out for all types of bullying!*

**Do:**

- ▶ Stay Calm. Project confidence that you, your child, and the school will be able to work together to resolve the bullying situation.
- ▶ Find out what has happened and keep a log of who, what, when, and where. Ask questions and believe what your child tells you.
- ▶ Contact your child's teacher as soon as possible. Ask for a private meeting. Share a written record of what your child has told you. Talk through specifics of what the teacher, the school, and your child, and you will do to stop the bullying.
- ▶ Help your child learn to be “bully proof”. Practice ways to stand, walk, talk, and cope with bullying. Help your child build skills for making and keeping friends. Ask teachers or school counselor for suggestions.

**Important! It takes time to resolve bullying problems. Try to be patient. The teacher will need to talk with your child, the child who is bullying, and other children who may have witnessed it, and then decide what is best to do for everyone involved.!**

