



Take a Stand Against Bullying

Parent Presentation

Bullying is...

**As defined by state law SHB 1444
and ISD policy 3214**

- An intentional written, verbal or physical act, including but not limited to one shown to be motivated by any characteristic such as race, color, religion, ancestry, national origin, gender, sexual orientation, mental or physical disability, or other distinguishing characteristics, when the intentional act:
 - (a) Physically harms a student or damages his/her property; or
 - (b) Substantially interferes with the student's education; or
 - (c) Is so severe, persistent or pervasive that it creates an intimidating or threatening educational environment; or
 - (d) Or substantially disrupts the orderly operation of a school

Take a Stand Against Bullying

Simply stated, bullying...

- Is intimidating or subjecting a person to hostility or ill treatment .
- Involves actions which cause another person to feel afraid, humiliated, embarrassed, threatened or shamed.
- Occurs in a relationship in which there is an imbalance of power.
- Is repeated over time.

Bullying Happens in Four Ways

● Verbal

- Teasing, jokes, ignoring/isolation, gossip, threats

● Physical

- Blocking someone's path, physical restraint, pushing/kicking, hazing

● Sexual

- Teasing, touching, slapping, pictures, emails, graffiti, sexual assault

● Property

- Hiding belongings, theft, arson, extortion, vandalism, destruction

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Bullying is NOT...

- A normal childhood activity
- A rite of passage
- The target's fault

Differentiating Bullying from Normal Peer Conflict/Mean Behavior

Normal conflict/mean behavior

- Equal power or are friends
- Happens occasionally
- Accidental
- Not serious
- Equal emotional reaction
- Not seeking power
- Remorse-will take responsibility
- Effort to solve the problem

Bullying

- Imbalance of power
- Repeated negative actions
- Intentional
- Physical or emotional harm
- Unequal emotional reaction
- Seeking control/material things
- No remorse-blames target
- No effort to solve the problem

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For the target, bullying is a “loss” experience.

- LOSS of safety
- LOSS of self-esteem
- LOSS of belonging
- LOSS of control over their own life

Effects of Bullying on the Target

● Physical Effects

- Stomach aches
- Weight loss/gain
- Headaches
- Drop in grades
- Drug or alcohol use
- Sexual activity
- Physical aggression
- Suicidal
- Homicidal

● Emotional Effects

- Alienation
- Low self-esteem
- Insecurity
- FEAR
- Depression
- Withdrawn
- Aggression
- Anger
- Vengeful

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Warning Signs

that your child may be the target of bullies

- Frequently teased, taunted belittled, ridiculed, intimidated threatened, dominated or subdued
- Has a derogatory nickname
- Regularly has bruises or injuries that can't be explained
- Has belongings taken or damaged
- Few or no close friends at school

Warning Signs

- Frequently socially isolated
- Less assertive or lacks the skills to respond to others' teasing or harassment
- Appears weak or easily dominated
- Tries to stay close to a teacher or other adult at recess or breaks

Talk with your child about bullying!

What To Do

if you suspect your child is being bullied

- **Talk with your child**

- If your child is being bullied, they need to have a voice in how the situation is handled.

- **Contact the school**

- Set up a meeting with your child's teacher(s) or counselor. Consider including the school resource officer if applicable.
- Develop a plan for keeping your child safe, particularly during vulnerable times (class breaks, lunch, recess).
- Find out what activities or counseling options are available for your child.

- **Contact police or school resource officer...**

- If the actions are criminal (assault, theft, serious threats, vandalism)

Recommendations

if you suspect your child is being bullied

- **Don't encourage your child to fight back--two wrongs don't make a right!**
- **Listen to your child, do not ignore your child's plea for help.**
- **Don't confront the parents or the other child directly.**
- **Avoid bringing your child and the bully together to elicit an apology or resolve the issue.**

What about the bully?

- Studies show that children identified as bullies by age 8 are six times more likely to be convicted of a crime by age 24.
Brewster & Railsback
- 60% of kids characterized as bullies in the 6th-9th grade had at least one criminal conviction by age 24. Brewster & Railsback
- Bullies are five times more likely to end up with a serious criminal record by age 30. National Association of

School Psychologists

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Contributing Factors Associated with Bullying

● Family Factors

- Lack of attention and warmth
- Modeling of aggressive behavior at home
- Poor supervision

● Individual Factors

- Active, impulsive personality
- Lack of empathy for others
- Craves attention and approval from others

● School

- School climate is perceived as uncaring or indifferent
- Teachers/staff unaware or unclear of bullying definitions or how to respond

What motivates a bully?

- Bullies prey on an imbalance of power.
- They may be seeking attention.
- They need to make themselves feel more important.
- They need a particular reaction from the other members of the group.
- Bullies believe their behavior is exciting and makes them more popular.

What motivates a bully?

- They may be coping with a loss.
- They may have an active and impulsive temperament.
- They may be victims of bullying/abuse.
- They may see violence modeled at home or elsewhere in their lives.
- They may have low self-esteem.

Warning Signs

that your child may be bullying others

- Frequent name-calling
- Regular bragging
- A need to always get his/her own way
- Spending more time with younger or less powerful kids
- A lack of empathy for others
- A defiant or hostile attitude; easily takes offense
- Frequent misbehavior at school (e.g. name-calling, teasing, intimidating, physical aggression)

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What To Do

if you suspect your child may be bullying others

● Talk with your child

- Never condone bullying behavior; speak up and tell your child that the behavior they are engaging in is considered bullying.

● Encourage empathy for others

- Remind your child that everyone has a right to be themselves, to choose their own friends and to feel safe at school.

● Review consequences of bullying behavior

- Both discipline consequences and relationship consequences

● Reinforce respectful behaviors at home

● Help your child deal with feelings in positive ways

● Contact the school for help

- Set up a meeting with your child's teacher(s) or counselor.
- Develop a plan for change.

School Interventions/ Consequences for Bullying

- Warning
 - Verbal and written
 - Permanently documented
- Coaching/Intervention
 - Anger Management, Conflict Resolution/ Communication/ Problem Solving Skills, Diversity Training during Saturday school or before, during, or after school detention.
 - May be provided by administrators, teachers, counselors, school psychologists, or school resource officers
- Suspension/Expulsion
- Referral to Law Enforcement (if applicable)

Together, students, staff, and
parents...

“Taking a stand
against bullying”
to promote safe,
respectful,
nurturing learning
communities.



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