

### **Definition of bullying:**

- Is hurtful behavior that intends to cause harm or distress
  - Usually is repeated over time
- Occurs in a relationship where there is an imbalance of power and strength

### **Assembly Bill 86 Public Safety – definition of bullying - see attachment below**

This bill would specify that bullying, as used in these provisions, means one or more acts by a pupil or a group of pupils directed against another pupil that constitutes sexual harassment, hate violence, or severe or pervasive intentional harassment, threats, or intimidation that is disruptive, causes disorder, and invades the rights of others by creating an intimidating or hostile educational environment, and includes acts that are committed personally or by means of an electronic act, as defined.

### **Direct bullying:**

- Hitting, kicking, shoving, spitting
- Taunting, teasing, racial slurs, verbal harassment (name calling)
- Threatening, obscene gestures

### **Indirect bullying:**

- Getting another person to bully someone for you
  - Spreading rumors
- Deliberately excluding someone from a group or activity
  - Cyber-bullying

### **District responsibility for bullying**

School staff can respond to bullying that occurs at school, on the way to or from school, or bullying at other times, such as cyber-bullying, that causes a harmful academic environment for the bullying target.

### **For parents: what to do if you believe your child is being bullied**

- Encourage your child to report the problem to a teacher, counselor or administrator.
  - If your child is unwilling, seek his/her permission to report it yourself.
- CCUSD administrators continue to receive training to respond appropriately and are committed to ensure student safety.
  - Be patient, yet persistent; sometimes investigation takes time.

### **For parents/teachers/caregivers: warning signs that a child may be a target of bullying:**

- Seems afraid to go to school or frequently complains of illness
  - Is truant
  - Has few friends
- Seems depressed, anxious or moody
- Has torn or dirty clothing, with no explanation
  - Has visible injuries
- Has possessions which have been damaged or defaced

### **For students: what to do if you believe you are being bullied**

- Elementary school: tell your teacher, yard teacher and/or playground supervisor. If that doesn't help, talk to your principal. Tell your parents.
- Middle School/High School: talk to your counselor and your parents. If that doesn't help, talk to your principal or assistant principal. You can file an Incident Report, available in the CCMS Main Office or the CCHS Discipline Office.
  - Stay in a group; avoid being alone in the place where you have been bullied.
    - All you need is one buddy.
  - If it feels safe, try to stand up to the bully.
    - If being bullied online, don't reply.
  - Take part in clubs and activities where you can make other friends.
- For examples of what several students did, see: <http://stopbullyingnow.hrsa.gov/index.asp>

### **For students – is it “tattling”?**

- Tattling = telling an adult in order to get someone else into trouble
- Sharing or reporting = asking an adult for help for yourself or someone else. This is NOT tattling!

**For students: what to do if you witness bullying of others:**

- Report to an adult
- Let the bully know it's not OK
- Support the person who is being bullied, be his/her friend
- For examples, see: <http://stopbullyingnow.hrsa.gov/index.asp>

**Signs of a bully**

- Do you bully others? <http://stopbullyingnow.hrsa.gov/index.asp>

Resources for students having problems with peers:

Help for bullies <http://stopbullyingnow.hrsa.gov/index.asp>

**Cyberbullying – what is it?**

Cyberbullying is using technology such as cell phones and the internet to threaten, insult, or harass. A person who cyberbullies can quickly and aggressively spread rumors, threats, hate mail, or embarrassing photos through text messages, emails, or instant messages.

CAUTION: "Sexting" is a term for sending or posting sexually explicit images of yourself or others via cellphone, social networking sites such as MySpace or Facebook, email etc. This MAY involve cyberbullying under some circumstances. This practice may be considered disseminating child pornography by law enforcement.

**Cyberbullying Tips for students:**

- Never give out personal information such as your phone number or address
  - Don't talk to people you do not know
- If you have to meet someone you met online, meet in a crowded place where people are guaranteed to see you
- If you receive inappropriate or threatening messages, immediately notify an adult and if possible report the message
- If you receive threatening messages or inappropriate messages from someone at school, tell your parents, counselor and if necessary a school administrator
  - When signing up for any type of social networking site, review the safety tips and privacy policies

**Cyberbullying tips for parents:**

- Keep an eye on your child while he/she is on the computer
- Make sure you have the password to your child's e-mail account and all other social networking accounts
- If your child has a social networking account, make one for yourself and add him/her as a friend so that you can see what other people may be telling your child
- Periodically go through your child's various accounts and make sure they do not have any inappropriate or threatening messages
  - Discuss appropriate computer behavior with your child

If your child has instant messenger, here are some Acronyms you should know:

POS- Parent Over Shoulder

PIR- Parent in the Room

P911- Parent over shoulder/ Parent in the room

ASL- Age, Sex, Location

ASLP- Age Sex Location Picture

F2F- Face to Face

Remember to talk to your child about who he/she is talking to on the Internet.