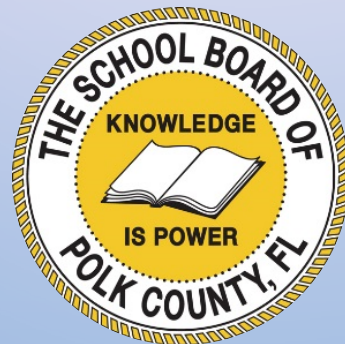


**Bullying Prevention
Information
for
Parents/Guardians/Caregivers**





RESEARCH SPEAKS VOLUMES

- ❖ 160,000 students each day miss school for fear of being bullied;
- ❖ 1 in 3 students say they have been bullied at school;
- ❖ Only 1 in 3 of the victims told an adult;
- ❖ Bullying can happen anywhere – school bus, sporting events, aftercare programs, etc.;

What Is Bullying?

A bully is a person who purposely tries to hurt others by:

- ❖ Being mean
- ❖ Name-calling
- ❖ Telling lies/Spreading rumors
- ❖ Texting/sending mean and/or hate



ELEMENTS of BULLYING

These 3 conditions **MUST** be in place to create a bullying situation:

1. Negative or malicious behavior, **AND**
2. Behavior repeated over a period of time, **AND**
3. A relationship in which there is an imbalance in strength or power.





BULLYING AFFECTS EVERYONE!

- ❖ **Targets** often have academic, health, behavioral and emotional issues.
- ❖ **Bullies** are more likely to not follow rules and disrupt school.
- ❖ **Bystanders** often feel guilt, stress and anxiety if nothing is done.

Students most likely to be targets of bullying

- ❖ Physical appearances (weight, height)
- ❖ Disabilities (learning disabilities, ADHD, autism)
- ❖ Social and/or emotional difficulties (homelessness)
- ❖ Culture differences (race, ethnicity, socio-economic factors)
- ❖ Lesbian, Gay, Bi-sexual, Transgender and Questioning (LGBTQ)

Common characteristics of children who bully

- ❖ Impulsive, dominant, easily frustrated and annoyed
- ❖ Can be popular but their peers really do not like them
- ❖ Lack empathy and may even place the blame of their victim's misfortune on the victim
- ❖ Difficulty following rules and do not have much respect for authority
- ❖ View violence in a positive way/see it as a means to get what they want





By-standers/Up-standers...

- ❖ Can experience severe emotions like stress, uncertainty, fear, guilt and academics can be affected
- ❖ More than half the time, bullying stops within 10 seconds when a By-stander becomes an Up-stander and steps in to help
- ❖ Targets of bullying report that support from Up-standers are more helpful than support from teachers or acting alone



Signs & Symptoms Of Bullying

- ❖ Loses interest in schoolwork or begins to do poorly 🙄
- ❖ To avoid peers is afraid of going to school, taking the school bus or participating in after-school activities, takes a different way to/from school 
- ❖ Has few/no friends that s/he spends time with 🙄
- ❖ Complains frequently of headaches, stomachaches or other physical ailments 

What are the Types of Bullying?



Physical: hitting, pushing, spitting

Social: spreading rumors, leaving people out of groups or activities



Verbal: name-calling, teasing, threats, insults

Cyber bullying: using internet, cell phones or other digital technologies to bully



CYBERBULLYING (CYBERSTALKING)....

Includes, but is not limited to...

Using the internet, interactive and digital technologies or mobile phones to communicate words, images or language directed at specific persons that has the harmful effects...

HOW CAN I HELP IF MY CHILD IS BEING BULLIED ON-LINE?

- ❖ **Do Not Respond**
- ❖ **Save Emails/Messages (Screenshot)**
- ❖ **Delete And Block The Offender And Log Off The Site**
- ❖ **Immediately Report To School Officials (Administration),
File An Online Report and/or Contact the**

POLK COUNTY SHERIFF'S OFFICE, SAFE SCHOOLS

863-534-7309

- ❖ **Set Limits & Boundaries (Social Media Contract)**



If It Is Not Bullying, Then What Is It?

Teasing-

everyone is having fun, no one getting hurt, everyone is participating equally

Normal Conflict-

no one is having fun, there is a possible solution to the disagreement, equal balance of power

Mean moment-

someone is being hurt on purpose, reaction to a strong feeling or emotion, an isolated event

Bullying-

someone is being hurt on purpose, unequal balance of power, happens more than once

Rough play-

usually friendly & mutual, often will do the same thing again, not about hurting each other

Fighting-

usually not friends, typically not repeated, power close to equal, trying to hurt each other



Teach Your Child To Stand Up To Bullying

- ❖ If they feel safe, tell the bully to STOP!
- ❖ Empathize and let them know the bullying is wrong
- ❖ Help the target walk away
- ❖ Support targets by standing next to them
- ❖ If the child feels it is unsafe to intervene, they should go to a trusted adult
- ❖ **ALWAYS GET AN ADULT IF THERE IS VIOLENCE OR A WEAPON**

Teach The “Be’s”.... Catch Them “Being” AND Compliment the Positive “Behavior”

- ❖ Be kind (cooperate with others, have a positive attitude)
- ❖ Be generous (give your best effort, strive for success)
- ❖ Be brave (act responsibly, respect self and others, encourage each other to do better)





Suggestions For Parents

- ❖ notice changes in your child's behavior;
- ❖ ask questions e.g., Tell me more about what happened. Has this happened before? Did you tell an adult? Did anyone try to help you?;
- ❖ remain calm and reassure your child, “you are right to tell me about this”;
- ❖ explain the difference in “tattling” and “telling” to ask for help;
- ❖ talk to school administrators, file a report in-person or online;
- ❖ determine what your child needs in order to feel and be safe;

Suggestions For Parents, DO NOT:

- ❖ ignore the problem;
- ❖ blame your child;
- ❖ suggest “fighting back”;
- ❖ confront the other student(s) or their parents/caregivers;



STUDENTS/PARENTS/STAFF CAN REPORT... IT CAN BE REPORTED ANONYMOUSLY...



You can file a report online
at the Polk County School
website

<http://bullying.polk-fl.net>



You can contact your
school by phone and
report it to school
administration



You can make a report
in-person and
complete the bullying
and/or harassment
form

ON-LINE REPORTING:

- AVAILABLE FOR STUDENTS, STAFF, PARENTS, COMMUNITY MEMBERS @
WWW.POLK-FL.NET KEY WORD: BULLYING
- AUTOMATIC NOTIFICATION E-MAIL WILL BE SENT TO PRINCIPAL ONCE A REPORT HAS BEEN FILED

This form is to be confidentially maintained in accordance with the Family Educational Rights and Privacy Act, 20 U.S.C. § 1232g.

**POLK COUNTY PUBLIC SCHOOLS
ONLINE HARASSMENT OR BULLYING REPORTING FORM**

Directions: Harassment and bullying are serious and will not be tolerated. If you are a student, the parent/guardian of a student, a volunteer or visitor, and wish to report an incident of alleged harassment and/or bullying, complete and submit this form. Upon submission the Principal at the student's school will be notified. All school employees are required to report alleged violations. Contact the school for additional information or assistance at any time. This form can be completed anonymously by omitting the "Name of Person Reporting the Incident" field.

Every reported act of bullying or harassment will be investigated, and parents will be informed.

For additional information about the requirements of a field, hover the mouse cursor over the symbol next to the field.

Name of alleged student victim:

Student #: Age: Grade:

School:

Name of alleged offender (if known):

Age: Grade: School: He/she is a student



What Happens After Bullying Is Reported?

- ❖ Administrators will acknowledge receipt of your report within three (3) school days
- ❖ A preliminary review of the incident may be conducted to determine a need for an investigation
- ❖ If warranted, an investigation will be conducted and completed within ten (10) school days
- ❖ Parents of the target and the bully will be notified of the results for their own child
- ❖ Action plans will be developed for the victim and the bully

OPTIONS FOR RESOLUTION

SCHOOL-BASED, MAY INCLUDE BUT NOT LIMITED TO:



- ❖ Restructure or change schedules
- ❖ Pair the targeted student with another child who does not support bullying
- ❖ Refer to counseling to learn effective coping skills
- ❖ Have check-in/check-out with a trusted adult
- ❖ Stay-Away Agreement
- ❖ Additional education for students

QUESTIONS? MORE INFORMATION?



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