

What is Bullying?

Bullying is exposing a person to abusive actions repeatedly over time. Bullying takes many forms:

- physical
 - ✓ hitting, kicking, pushing
- verbal
 - ✓ taunting, malicious teasing
 - ✓ name calling, threatening
- emotional
 - ✓ rumors, social manipulation
 - ✓ extortion, intimidation
- harassment
- sexual harassment
- hate violence

What is Cyber Bullying?

Bullying committed through transmission over electronic media.

Bullying Behaviors

Bullying behaviors are:

- repeated
- intentional
- involve an imbalance of power

What to do if being bullied?

- Report bullying incidents to an adult and ask for help.
- Avoid the usual times and places where student comes in contact with the bully.
- Choose safe places to be at school, stay with someone, and avoid being alone in a secluded area at school.
- Stay calm: do not allow the bully to anger, embarrass, upset, or scare you.
- Distract the bully by changing the subject.
- Ignore the bully's remarks.
- Walk away from the bully.

Consequences

Bullied students experience negative emotions:

- fear
- anger
- frustration
- anxiety
- mood swings
- withdrawal from friends and family
- loss of interest in school

Bullies:

- will continue to bully
- may engage in other types of antisocial behavior
- may be perceived as mean and untrustworthy
- may be suspended or expelled

ENOUGH IS ENOUGH

**STOP THE
BULLYING**

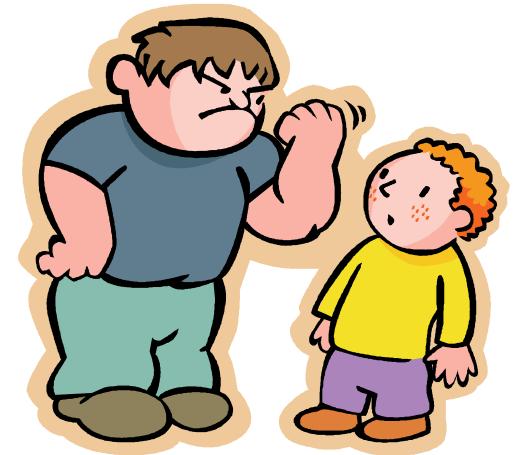
What is bullying?

What to do if a student is being bullied?

What are the consequences of bullying?

What can parents do about school bullying?

How can parents promote safe use of the Internet?



**BELLFLOWER UNIFIED
SCHOOL DISTRICT**

What can parents of young children do?

Parents can model appropriate behavior by:

- speaking and acting in a respectful way
- solving problems fairly and peacefully
- building their children's self confidence and independence
- reassuring their children
- monitoring the use of their children's Internet

What can parents of teenagers do?

Parents should remain active and involved in their teenager's lives. They must remain proactive and reinforce respectful behavior. Parents must:

- continue to anchor the values that guide their children's actions and decisions
- remain vigilant and understand school policies
- keep communication flowing between them and their children's teachers and staff
- report bullying problems at school to school staff and ask for help
- monitor the use of their children's Internet

How can parents promote safe use of the Internet?

- Keep your child's computer in an open area of the house.
- Install filtering software on the computer or use child-friendly search engines.
- Instruct your child to never give out personal information online to someone they do not know.
- Instruct your child to never meet in person with someone they first meet online.
- Make sure your children know they should not respond to offensive or dangerous emails. Encourage your child to follow three simple steps:
 1. Stop the correspondence immediately.
 2. Block the user from sending additional emails.
 3. Tell a parent or trusted adult about the situation.
- Visit the web sites your child visits.
- Google your child's name once in a while.
- Set clear guidelines of computer and cell phone usage; establish consequences for violations; monitor and check Internet and cell phone usage.

Resources that address cyberspace activity

Common Sense Media-www.CommonSenseMedia.org

- Reviews and ratings on movies, games, websites, TV, books and music
- Information about the impact of media on children's physical, mental and social development
- Tips for parents on how to manage their children's media

Carnegie Mellon University-
www.MySecureCyberspace.com

- Cell phone guide for families with children
- Focus on cyber bullying
- Encyclopedia of risks and threats
- Software recommendations for parental control and email tracking



BELLFLOWER UNIFIED
SCHOOL DISTRICT