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AGENDA

-Dynamics of Bullying -What Parents Can Do +Action Steps for Parents -Actions Steps for Parents and Child -Parents of Children with Disabilities -Want to Help? The Dynamics of Bullying

- Bullying Defined
- Common Views
- Who Bullies?
- Who is Targeted by Bullying?





Defining Bullying Behavior

Basic Guideline: Let the child know that if the behavior hurts or harms them, either emotionally or physically, and if they have a hard time defending themselves, it's bullying.



Conflict: Children self-monitor their behavior and generally stop when they realize they are hurting someone.



Bullying: Children continue their behavior when they realize it is hurting someone, and are satisfied by a feeling of power and control.



The Impact of Bullying

Three Areas of Concern to Parents and Others:

I.Education - School avoidance and loss of academicachievement 2.Health - Physical and emotional 3.Safety - Harm to self and others





Verbal Bullying

Verbal bullying is: •The most common type of bullying •The easiest to inflict on other children •Quick and direct

Physical Bullying

Physical bullying is usually the easiest type to recognize, since it is the most visible behavior.





Social/Emotiona Bullying

Social/Emotional Bullying is the most sophisticated of all types of bullying. It is generally very calculated and often done in groups.

Sexual Bullying

Sexual bullying is often the most difficult for children to report or discuss.





Cyberbullying

Cyber bullying is the use of technology to harass, hurt, embarrass, humiliate or intimidate.



Common Views & Myths

•Bullying is a natural part of childhood.

-Words will never hurt you. -Some people deserve to be bullied. -Bullying will make kids tougher. -Telling a teacher about bullying is "tattling." 41°s only teasing.

Who Bullies & Why
 Students who bully can be any size, age, or gender.

 The common element is

their behavior.

Most commonly, children who bully
seek to demonstrate power and want to

feel in control.

Who is Targeted by Bullying? •There is no "typical profile" of someone who might be subjected to bullying. •There are some common characteristics among children who are targets of this behavior.





Warning Signs

Depression Increased aggression Decrease in grades Lack of interest in social activities Change in weight Drastig illness Drastic makeover attempts Detactive bullying

Children with Disabilities & Bullying The reality is that children with disabilities are significantly more likely to be bullied than their nondisabled peers.



What Can Parents Do?

Know the Laws

- Bullying As a Civil Rights Issue • Talk with Your Child
- Encourage Self-Advocacy
- Steps to Report Bullying
 - Take Action if Your Child is the Bully



Know the

Laws

•Status of state legislation is on StopBullying.gov •Laws vary by state •There is federal legislation as well



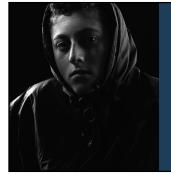
Talk with Your Child

Only about 20 to 30% of students who are bullied notify adults about the bullying.

Prepare Yourself

When parents discover their child is being bullied, they may feel a variety of emotions including; disbelief, fear, bewilderment, guilt, anger and helpleseness.





Reactions to Avoid

•Telling your child to ignore and avoid the bully

•Telling them to take matters into their own hands in an aggressive way

Stop Bullying on the Spot

Quick Action from Adults
 Consistency from Adults
 Discuss it with kids
 Nurture a safe environment
 Have a prevention strategy





Bystanders & Upstanders

If you are there, what role do you play?

Encourage Self-Advocacy Strategies

• Report the situation

-To a parent or guardian -To a trusted adult at school

Ask the bully to stop

•Move away from the

situation

•Create a plan for the future



Encourage Self-Advocacy Student Action Plan



A printed booklet for parents to use with their child, to help them think through potential steps to take in a bullying situation

bullying411@pacercenter.org

Steps to Report Bullying

1.Document the

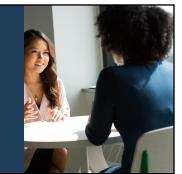
Incident

2.Work with the

School

3.Follow the Chain of

Command





Document the Incident

Written information about

the bullying incidents

Date of the event Persons involved

Child's account of the

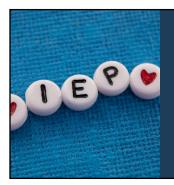
event

Work with the School

It is important for parents to notify the teacher, school administrator and all members working with you on your team each time your child reports being bullied.



Follow the	Bulliving or discipline incident (If incident is discrimination of a protected class, follow arrow to right of box, if not follow process below)	Take immediate action to stop incident of bullying. Is the behavior severe, persistent, or pervasive or did it create a bosble environment?	Assis in the investigation of the incident by giving a written statement of what occurred and providing names of possible witnesses. (Even if a police referral is given the school is still required to do an independent investigation) The investigation includes:
Chain of			 Investigate the allegations they know about or should have known about
Command		Report the incident to your district level Tible IX and Section SD4 monitoring officer. (If you feel they did not follow through with investigation proceed below)	Take steps reasonably calculated to end the alleged harassment.
	Follow district discipline and bullying policy		Eliminate any hostile environment. Prevent the misconduct from reoccurring.
	↓ 	+	
		Report incident to your supervisor, school administration, and Section 504 or Title IX	
	If the incident is a serious violation of district policy/rules contact school administration for further discipline action.	monitor as soon as possible. If you feel they did not follow through with investigation proceed below)	
		4	
	<u> </u>	Contact the Utah State Board of Education, Equity Office:	Contact the Region VII Office for Civil Right, in Denver, Colorado http://www.schools.utah.gov/equity/Civil-
	Follow up with administration if needed.	Holty Bell Student and Family Rights Specialist Phone: (801) 538-7828 ([If still is not resolved proceed to right)	Rights-Information/OCR-Complaint-Form.aspx



Using the IEP

The Individualized Education Program (IEP) team, which includes the parent, can identify strategies the could be written into the IEP to help

It may be helpful to involve the child, when appropriate, in the decision-making process, since this can improve the likelihood of the student meeting the IEP goals.



HELP! My Child is the Bully Remember...

-Bullying is a behavior, not a characteristic +Bullies are sometimes suffering just as much as the victim -Bullies need to be dealt with using compassion and concern -Bullies need be taught what they SHOULD do



AKE ACTION

 Talk with your child.
 Consider if the behavior is disability-related.
 Teach empathy, respect, and compassion.
 Make your expectations clear.
 Provide clear, consistent consequences for bullying.
 Teach by example.
 Role play.
 Provide positive feedback.

9.Be realistic.



Resources

- 1. Stopbullying.gov
- 2. Kids against bullying
- http://www.pacerkidsagainstbullying.org/kab/
- 3. Teens against bullying
- http://www.pacerteensagainstbullying.org/tab/
- 4. http://www.utahparentcenter.org/resources/bullying/

