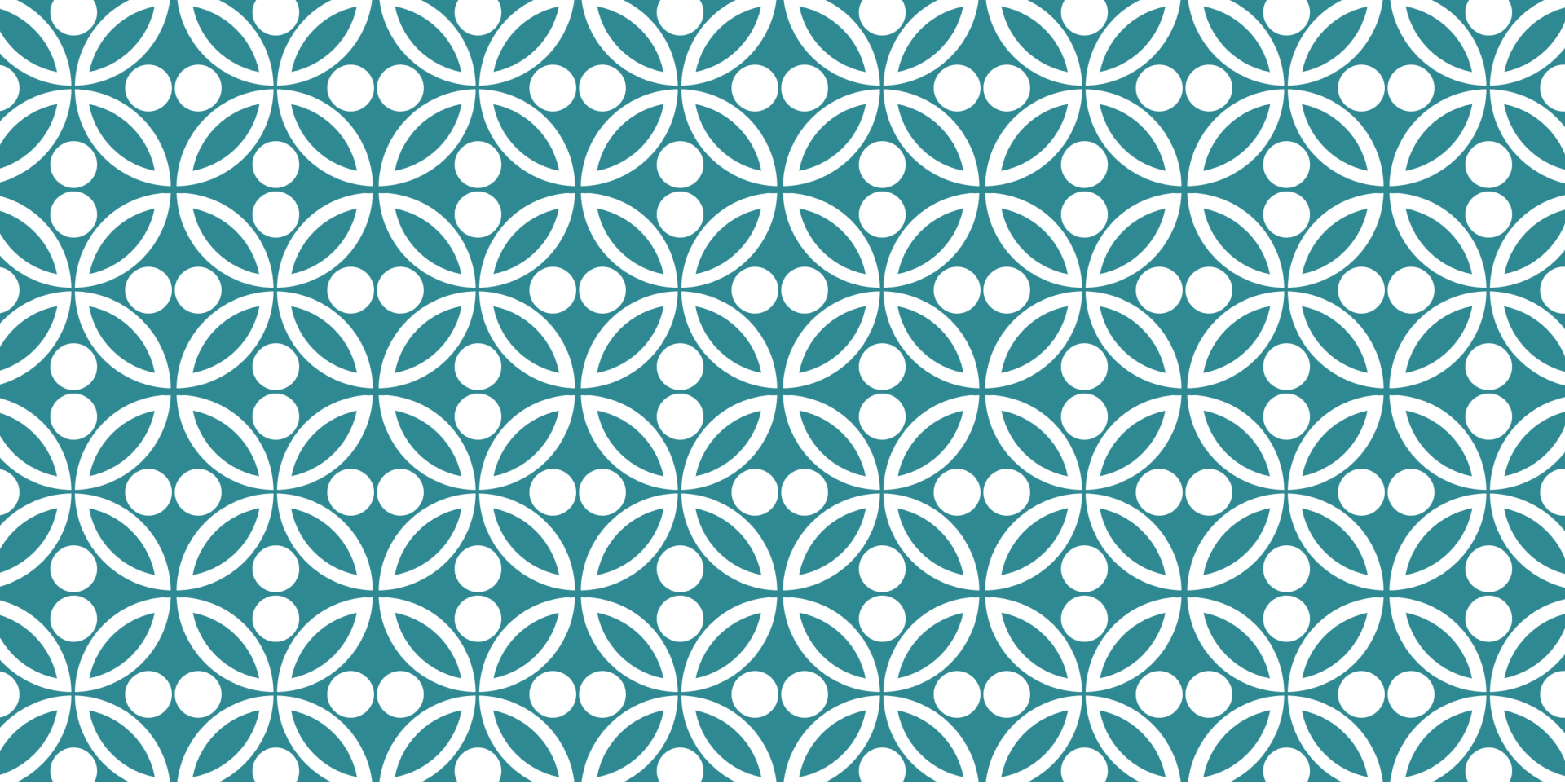


BULLYING: MYTHS, DEFINITION, TYPES AND WHAT YOU CAN DO!

**Superintendent
Parent Council**

**Office of Student
Support Services**



MYTHS |



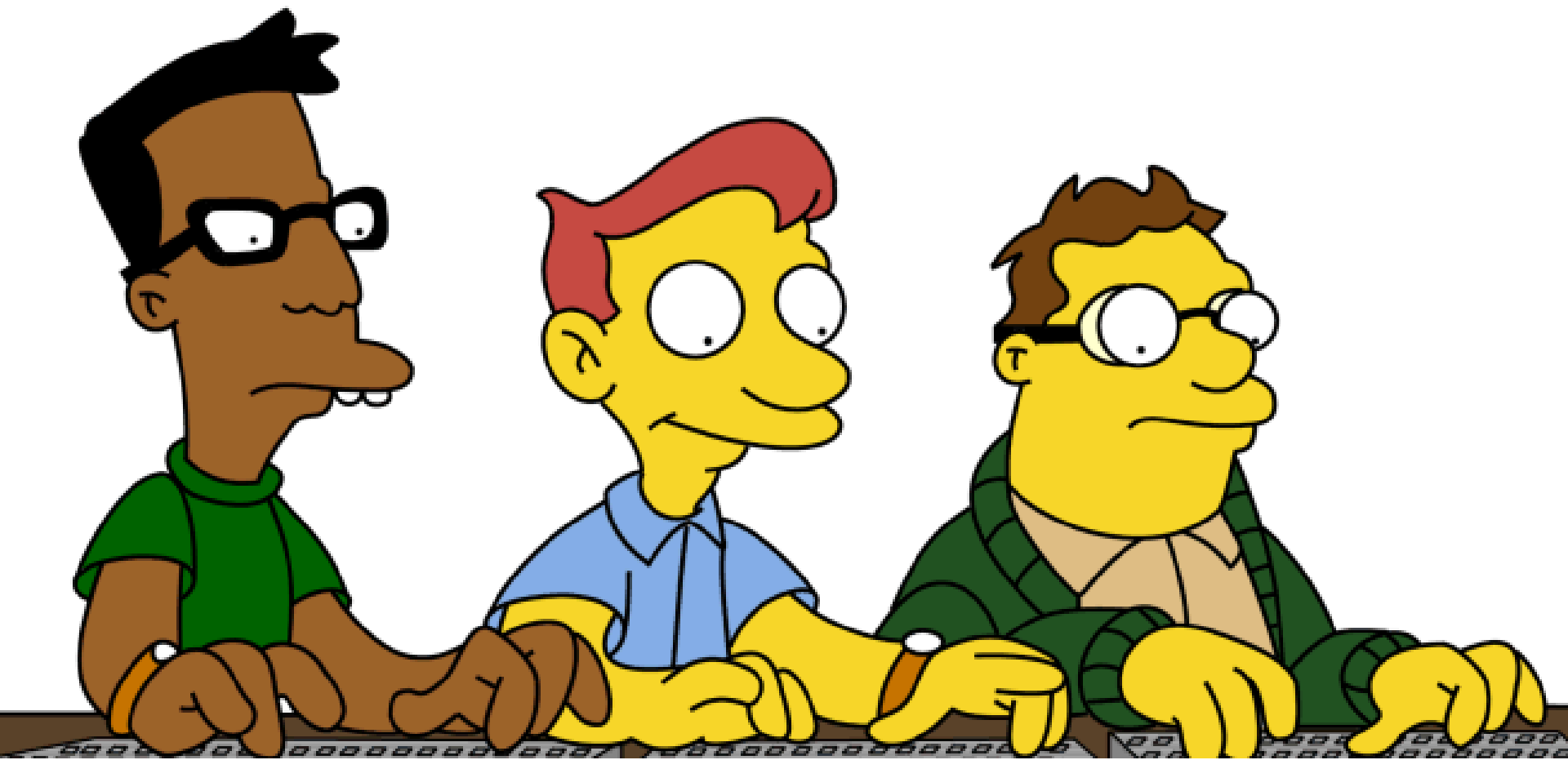
**BULLYING IS JUST
TEASING**

FALSE



**ONLY BOYS ARE
BULLIES**

FALSE



**SOME PEOPLE
DESERVE TO BE
BULLIED**

FALSE



IT'S TATTLING TO
TELL AN ADULT
WHEN YOU ARE
BEING BULLIED

FALSE



**BULLIES WILL GO
AWAY IF YOU
IGNORE THEM**

**True and
False**



**ALL BULLIES HAVE
LOW SELF-ESTEEM**

False



**A GOOD WAY TO DEAL
WITH A BULLY IS BY
FIGHTING OR TRYING
TO GET EVEN**

False



**BULLIES HAVE NO
FRIENDS**

False



**BULLIES HAVE
BAD GRADES**

False



**PEOPLE WHO ARE
BULLIED MAY HURT
FOR A WHILE, BUT
THEY'LL GET OVER IT**

False

WHAT IS BULLYING?

The United States Department of Education defines bullying as unwanted aggressive behavior among school-aged children that involves a real or perceived imbalance of power. The behavior is repeated, or has the power to be repeated, over time.

WHAT IS BULLYING?

Traditionally, bullying has involved actions such as:

- **hitting or punching (physical bullying)**
- **teasing or name-calling (verbal bullying)**
- **intimidation through gestures or social**

WHAT IS TEASING?

It is important to understand the difference between teasing and bullying. An incident of bullying is intentional, meaning that the act is done willfully and with deliberation to hurt or harm. Teasing is not intended to hurt another person and is innocent in motive.

WHAT IS TEASING?

Teasing may poke fun in a lighthearted, clever, and benign way, and maintains the dignity of everyone involved. Teasing is also *discontinued* when the person being teased becomes upset or objects to the teasing. Bullying *continues* despite the person becoming upset at the behavior.

TYPES OF BULLYING

Physical

- Least common
- Hurts twice

Verbal

- Teasing, name calling, insults

Non-verbal

- Exclusion
- Isolation
- Intimidation

TYPES OF BULLYING

Cyber (Electronic)

- Email
- Websites
- Texting

SIGNS THAT YOUR CHILD MAY BE BEING BULLIED:

- **Unexplainable injuries**
- **Lost or destroyed property**
- **Frequent headaches or stomach aches**
- **Changes in eating habits**
- **Declining grades, loss of interest in schoolwork, or not wanting to go to school**
- **Sudden loss of friends or avoidance of social situations**
- **Decreased self esteem**
- **Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide**

WHAT TO DO IF YOU HAVE A CONCERN ABOUT BULLYING

Barbara Coloroso, national speaker on the issue of bullying, suggests the following if you think your child is being bullied...

WHAT TO DO IF YOU HAVE A CONCERN ABOUT BULLYING

DO:

- ✓ Tell your child: “I hear you; I am here for you; I believe you; you are not alone in this.”
- ✓ Tell your child: “It is not your fault.”
- ✓ Tell your child: “There are things you can do.”
- ✓ Report the bullying to school personnel

WHAT TO DO IF YOU HAVE A CONCERN ABOUT BULLYING

DON'T:

- ✓ Minimize, rationalize, or explain away the bully's behavior
- ✓ Rush in to solve the problem for your child
- ✓ Tell your child to avoid the bully
- ✓ Tell your child to fight back
- ✓ Confront the bully or the bully's parents alone

GETTING HELP AT SCHOOL

COMMUNICATE:

First, talk with the classroom teacher or school counselor:

Make sure to include all details as you know them and put it in writing when possible, including how the bullying has impacted your child, as well as what your child has done to try to stop the bullying that didn't work.

GETTING HELP AT SCHOOL

COMMUNICATE:

Next:

Create a plan with the teacher to address what your child needs right now in order to feel safe, identify what he/she can do to avoid being bullied and stand up for him/herself, and identify to what adult he/she can go for help if an incident of bullying occurs.

GETTING HELP AT SCHOOL

COMMUNICATE:

Then:

Find out what steps the school is taking to address the bullying. You have a right to know that action was taken, but please also be aware that school staff will not provide details that are confidential to another child.

DIGNITY ACT FOR ALL STUDENTS

New York State's Dignity for All Students Act (The Dignity Act) seeks to provide the State's public elementary and secondary school students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment, and bullying on school property, a school bus and/or at a school function.

DIGNITY ACT FOR ALL STUDENTS

The Dignity Act was signed into law on September 13, 2010 and took effect on July 1, 2012.

DIGNITY ACT FOR ALL STUDENTS

The original legislation amended State Education Law by creating a new Article 2 – Dignity for All Students. The Dignity Act also amended Section 801-a of New York State Education Law regarding instruction in civility, citizenship, and character education by expanding the concepts of tolerance, respect for others and dignity to include:

DIGNITY ACT FOR ALL STUDENTS

...an awareness and sensitivity in the relations of people, including but not limited to, different races, weights, national origins, ethnic groups, religions, religious practices, mental or physical abilities, sexual orientations, gender identity, and sexes.

DIGNITY ACT FOR ALL STUDENTS

The Dignity Act further amended Section 2801 of the Education Law by requiring Boards of Education to include language addressing The Dignity Act in their codes of conduct.

Additionally, under the Dignity Act, schools will be responsible for collecting and reporting data regarding material incidents of discrimination and harassment.

WHAT DOES DASA DO?

- **DASA is designed to protect public schools students from bullying by employees or other students based on actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, or sex.**
- **DASA requires schools and districts to revise codes of conduct to prohibit bullying and promote a bully-free environment, and to include age-appropriate versions of the policy in codes of conduct. School districts will be required to post codes of conduct on their websites by July 1, 2013.**
- **DASA requires K-12 schools to incorporate curriculum that promotes awareness of and sensitivity to discrimination and diversity as part of civility and citizenship classes.**

WHAT DOES DASA DO?

- **DASA requires every school to nominate a Dignity Act Coordinator that will be responsible for handling incidents of bullying.**
- **DASA requires schools to collect and report data on bullying to the New York State education commissioner at least once a year.**
- **DASA prohibits retaliation against anyone who reports incidents of bullying.**
- **DASA holds the State education commissioner responsible for helping school districts develop effective responses to bullying that are focused on solutions, intervention and education.**

WHAT DOES DASA DEFINE 'BULLYING' TO MEAN?

Threats, intimidating behavior or abuse on school property that interferes with a student's safety and learning experience or causes a student to be afraid for his or her safety through the expectation of bodily or emotional harm.

Effective on July 1, 2013, the definition of bullying will include cyberbullying as well as harassment that occurs off school property that creates a risk for harm or bullying on school property.

WHAT ARE CONSIDERED 'SCHOOL PROPERTY' AND 'SCHOOL FUNCTIONS' UNDER DASA?

School property is defined as any building, structure, field, parking lots or land that sits within the property boundaries of a school as well as school buses.

School functions refer to any school-sponsored extra-curricular event or activity, such as student clubs, dances, field trips, and out-of-state trips.

HOW DO I KNOW IF MY CHILD'S SCHOOL IS PROTECTED UNDER DASA?

If your child is a New York State public school student, his or her school is protected under DASA and must adhere to its policies.

Private, religious and denominational institutions are not required to comply and are exempt.

All charter schools will be required to comply with the revised Section 801-a of New York State Education Law. (Effective July 1, 2013)

FIVE THINGS EVERY PARENT CAN DO TO PROTECT THEIR KIDS ONLINE

(1) Talk to your kids about cyberbullying before it becomes an issue.

Don't wait until an incident occurs to talk with your kids. Cyberbullying typically begins in 3rd and 4th grade so it's never too early to have a conversation with your child.

Let your kids know that you are there for them if they are in trouble, no matter what – even if they are partly responsible for a situation.

Be sure that your kids understand the seriousness of the issue. What may seem like a practical joke among peers at first can have grave consequences. *At least 27 teens have taken their own lives after being cyberbullied.*

FIVE THINGS EVERY PARENT CAN DO TO PROTECT THEIR KIDS ONLINE

(2) Know what websites your child visits regularly and understand the risks and security measures of each site.

Does your child have a Facebook account, do they use snapchat, do they have a blog or do they tweet? These are important questions that every parent should know in order to assess the potential risks their children face online.

Once you know where your child spends most of their time online, do a bit of research about the safety measures offered by these websites. You should also create an account and log in yourself to understand what each of these websites offer. If you want to be able to have an open dialogue with your kids about online activities it's important to keep up to date on the latest sites and trends.

FIVE THINGS EVERY PARENT CAN DO TO PROTECT THEIR KIDS ONLINE

(3) Google your child's name and set up a "google alert" to be notified when information about your child is posted online.

When you google your child's name, look to see if there are any blogs, Facebook pages or Formspring pages that speak negatively about your child.

Are there sites where you think someone may be impersonating your child? 86% of elementary school students share their passwords with their friend(s) and password theft or misuse accounts for 27% of cyberbullying.

FIVE THINGS EVERY PARENT CAN DO TO PROTECT THEIR KIDS ONLINE

(4) Monitor your child's behavior and emotions when they are spending time on the internet or text messaging.

Is your child avoiding the computer, cell phone, and other devices? Do they appear stressed when receiving e-mails, instant messages or text messages? Increased sadness, anger, frustration, reduced tolerance and worry are also signs that your child may be a victim of cyberbullying.

Alternatively, is your child switching screens or closing programs when you, or others, are nearby? Do they laugh excessively while using the computer or cell phone or do they appear to use multiple online accounts or an account that is not his or her own? If so, you may need to explore if your child is cyberbullying others.

FIVE THINGS EVERY PARENT CAN DO TO PROTECT THEIR KIDS ONLINE

(5) If you suspect your child is being bullied, address the issue immediately.

Discourage your child from responding to the cyberbullying. If the cyberbullying is coming through e-mail, a cell phone or social networking website, it may be possible to block future contact.

Preserve evidence. This is crucial for identifying the bully and making a case.

Contact your child's school. If the cyberbullying is occurring through a school district system, school administrators have an obligation to intervene. Even if the cyberbullying is occurring off campus, make school administrators aware of the problem.

Contact 911 or your local police precinct if cyberbullying involves acts such as: threats of violence; extortion; obscene or harassing phone calls or text messages; harassment, stalking, or hate crimes; or child pornography.

UPDATED SCSD PROTOCOL

- New DASA Placards
- New Bully Prevention Posters, PK-12
- New Metal “no bullying” signs
- Parent Brochures
- DASA page on Quicklinks
- New Student Harassment Form
- Updated DASA Safety Plan
- Updated DASA Complaint Form

RESOURCES

Bullying Prevention Hotline (24-hour)

1-800-273-TALK (8255)

www.stopbullying.gov

www.nyscenterforschoolsafety.org

www.pacer.org/bullying/

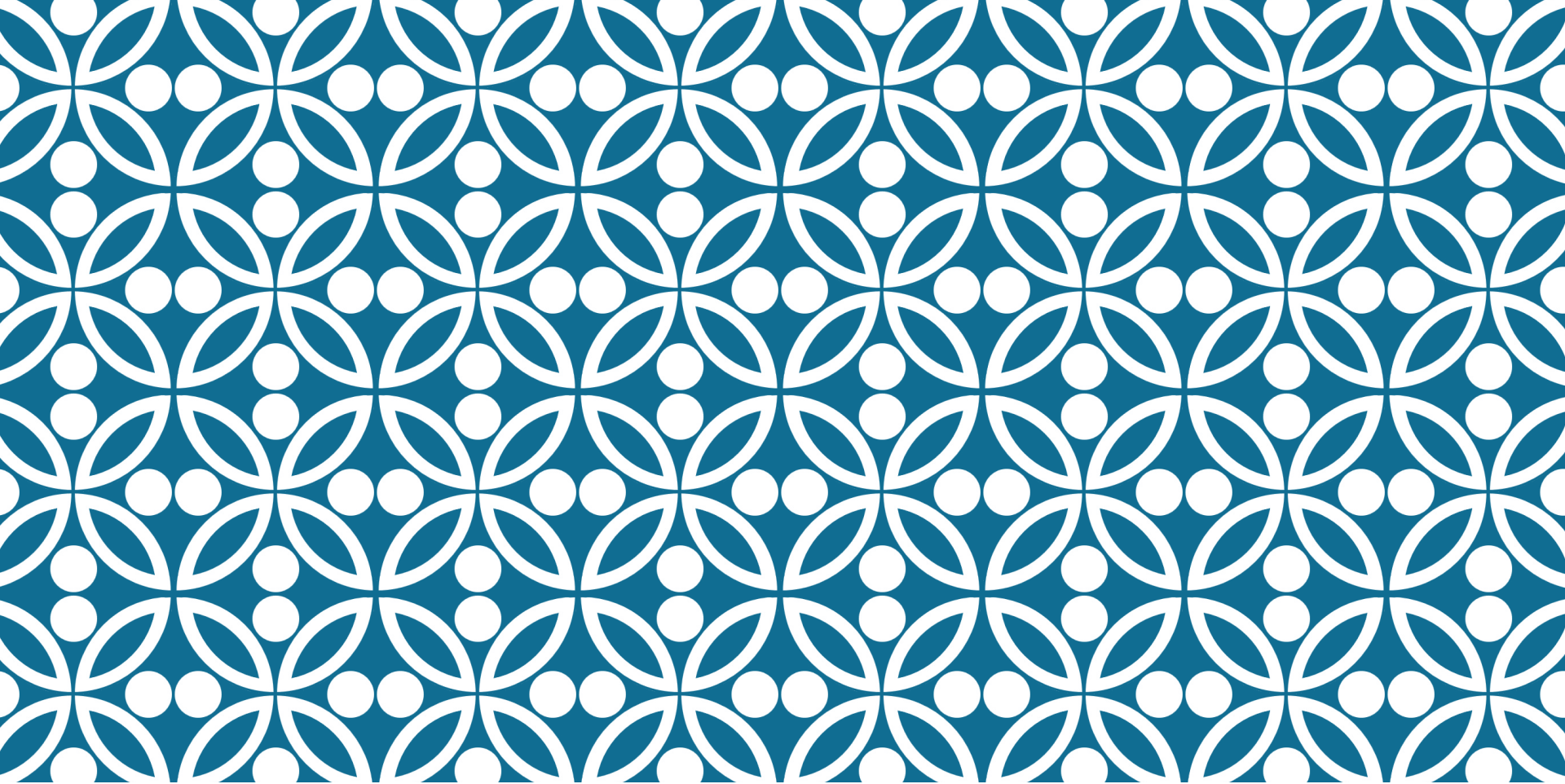
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Coloruso, B. 2008. The Bully, the Bullied, and the Bystander

<http://archive.advocate.nyc.gov/bullying/DASA>

Syracuse City School District Office Of Student Support Services, Bullying Prevention: A Parent's Guide

United States Department of Education



QUESTIONS? |