

Bullying Hurts...

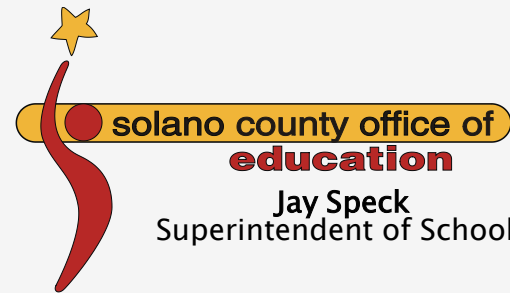
inside
and
out!



Presented by:

Darlene Perez, Program Manager
Instructional Support

Becky Cruz, MSW
Program Manager Educational Liaison



Jay Speck
Superintendent of Schools

Lisette Estrella-Henderson
Associate Superintendent, Students
Programs and Educational Services

What is Bullying?


- Bullying is aggressive behavior that is intentional and that involves an imbalance of power or strength and is repetitive

Question? ¿Pregunta?

Do boys and girls bully in the same way?

¿Tiranizan los niños y niñas en la misma manera?

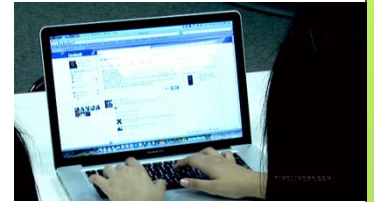
1. Yes / Sí
2. No/No



**Bullying is only physical.
El tiranizar es solamente físico.**

1. True / Verdad
2. False / Falso

Types of Bullying



- **Verbal:** name calling, teasing, sexual connotations
- **Social:** spreading rumors, leaving people out on purpose, breaking up friendship, making someone do things the child doesn't want to do, refusing to talk to someone, making cultural/racial comments
- **Physical:** hitting, punching, shoving, stealing, hiding, or ruining someone's things, making someone do things he or she doesn't want to do
- **Cyber bullying:** use of the internet, mobile phone or other digital technologies to harm others (YouTube, Facebook, MySpace, pictures, text messages, etc.)
- Boys frequently bully using physical threats and actions, while girls are more likely to engage in verbal or relationship bullying

Question? ¿Pregunta?

Does your child have a cell phone?

¿Tiene su hijo/a un teléfono celular?

1. Yes / Sí
2. No/No

Question? ¿Pregunta?

Does your child have a social network profile (Facebook, Twitter, MySpace)?

¿Tiene su hijo/a un perfil social en el internet (Facebook, Twitter, MySpace)?

1. Yes / Sí
2. No/No

Statistics

- 1 in 7 students in grades K-12 is either a bully or a victim of a bully
- There are about 71 percent of students that report bullying as an on-going problem
- About 42 % of kids have been bullied while online with 1 in 4 being verbally attacked more than once
- The American Justice Department bullying suicide statistics show that one out of every 4 kids will be bullied sometime throughout their adolescence
- Bullying occurs most common where there is least structure and adult supervision

Warning Signs

How do I recognize if a child is being bullied or is bullying?



How to Recognize if a Child is Being Bullied?

- Comes home with torn, damaged, or missing pieces of clothing, books, or other belongings
- Unexplained cuts, bruises, and scratches
- Seems afraid of going to school, walking to and from school, riding the school bus, or taking part in organized activities with peers (such as clubs)
- Has lost interest in school work or suddenly begins to do poorly in school

How to Recognize if a Child is Being Bullied?

- Appears sad, moody, teary or depressed when he or she comes home
- Complaining frequently of headaches, stomachaches or other physical ailments
- Has trouble sleeping or has frequent bad dreams, experiences a loss of appetite
- Appears anxious and suffers from low self-esteem



Why Do Kids Bully?

- To establish a social order and/or want dominance and power or control over group membership
- To control resources (play space, social interactions, attention from others)
- To keep others away if they are anxious or insecure about interacting
- To make themselves popular, to escape their own problems, because they may be bullied themselves



Student Risk Factors

Who is at risk?

- Those who do not get along with others
- Perceived as less popular than peers
- Have few to no friends
- Do not conform to gender norms
- Have low self esteem
- Depressed or anxious



Who is At-Risk of Bullying Others

- Well-connected to their peers, have social power, and at least one of the following:
 - ❖ Overly concerned about their popularity
 - ❖ Like to dominate or be in charge of others
- Isolated from their peers and may have any of the following:
 - ❖ Depressed or anxious
 - ❖ Have low self esteem
 - ❖ Less involved in school
 - ❖ Easily pressured by peers
 - ❖ Do not identify with the emotions or feelings of others
- Being aggressive, have less parent involvement, think badly of others, are impulsive, are hot-headed and easily frustrated, have difficulty following rules, view violence in a positive way

Question? ¿Pregunta?

**Does bullying have an
emotional effect on a child?**

**¿Tiene el (tiranizo) un efecto
emocional sobre un niño?**

1. Yes / Sí
2. No/No

Effects

- Some adults may believe its a part of growing up and view it as a healthy rite of passage
- Higher risk of depression and anxiety
- Bring fear and hopelessness into one's life
- Adults that were bullied as children are three times more likely to consider suicide than others
- People who bully have a higher risk and are more likely to:
 - ❖ Abuse alcohol and other drugs in adolescence and as adults
 - ❖ Drop out of school
 - ❖ Engage in early sexual activity
 - ❖ Have criminal convictions
 - ❖ Be abusive toward their partners, spouses, or children as adults



What Parents and Adults
Can Do to Help?

Question? ¿Pregunta?

Bullying is a part of growing up.

El tiranizar es una parte normal del crecimiento.

1. True / Verdad
2. False / Falso

If You Think a Child is Being Bullied

- Talk with the child, discuss and validate the child's feelings, attitudes and concerns
- Empathize with the child
- Work together to find a solution
- Document ongoing bullying
- Help the child develop strategies and skills for handling bullying
- Be persistent as it may not be resolved overnight
- Stay vigilant to other possible problems that the child may be having

Question? ¿Pregunta?

The best way to respond to a bully is by yelling.

La mejor manera de responder a un tiraniza es gritando.

1. True / Verdad
2. False / Falso

How Do We Support Bullies?

- Talk with the child- find out what happened
- Encourage empathy with the victim
- Develop clear and consistent rules for the child's behavior
- Spend more time with the child, carefully supervise activities and try to get to the root cause of the bullying
- Be aware of the child's friends
- Build on their talents and positive attributes
- Work with the school to ensure the bullying does not happen again
- Be a role model

Question? ¿Pregunta?
**Do you know your child's
friends?**

**¿Conoce usted a los
amigos/as de su hijo/a?**

1. Yes / Sí
2. No / No

Things to Consider

- ◉ What they may interpret is that you are going to ignore it
Never tell the child to ignore the bullying
- ◉ Do not assume that the child did something to provoke the bullying
- ◉ Do not encourage the child to harm the person who is bullying them
- ◉ Check in with your child regularly to see how they are doing
- ◉ Be aware that the law limits the ability of the school personnel from revealing disciplinary actions taken against other students

Question? ¿Pregunta?

**Should you confront the parent
of a bully?**

**¿Debería usted enfrentar al
padre del niño que está
tiranizando?**

1. Yes / Sí
2. No / No

Working with the School

Getting involved at your child's school

- ◉ Know the school policies on bullying
- ◉ Know what is going on in your child's school
- ◉ Although it is difficult for parents to hear about their child's negative behavior parents should work closely with their child's school to resolve the situation
- ◉ Engage a diverse group of parents, children, teens and caring adults in problem solving



Question? ¿Pregunta?
**Do you know your child's
school principal?**

**¿Conoce usted el director de
la escuela de su hijo/a?**

1. Yes / Sí
2. No / No

Working with the Community

Get involved in your community

- Develop a comprehensive community strategy to address bullying
- Help educate others by spreading the word to people such as family, friends, neighbors, and local schools
- Stop bullying when you see it



Interventions and Supports to Help Your Student

Someone is at immediate risk of harm because of bullying	Call the police 911
Your child is feeling suicidal because of bullying	Contact the suicide prevention hotline at 1-800-273-TALK (8255)
To keep your child safe from being bullied	Contact local school administrator (principal or superintendent)
Your child is sick, stressed, not sleeping, or is having other problems because of bullying	Contact your counselor or other health professional
Your child is bullied because of their race, ethnicity, or disability	Contact local school administrator (principal or superintendent) Work with the U.S. Department of Education's Office on Civil Rights



Local Resources

- Prevention & Early Intervention (PEI): Direct services (individual and small group counseling) to students in grades K-12 and case management through multidisciplinary teams (MDT) for grades 9th – 12th

Contact your local school to see if these services are being provide at your students school.

- *Vallejo City Unified School District has an Anti-Bullying Coordinator that can assist with district wide efforts

- Others to consider
 - ❖ County Mental Health
 - ❖ Family Resource Centers
 - ❖ Youth and Family Services
 - ❖ Solano County Libraries
 - ❖ Police Department PAL programs

Vacaville USD

Nicola Parr
Administrator Learning Support

(707) 453-2188
nicolap@vacavilleusd.org

California Law

- **(1) Right to Safe Schools.** All students and staff of public primary, elementary, junior high, and senior high schools, and community colleges, colleges, and universities have the inalienable right to attend campuses which are safe, secure and peaceful.

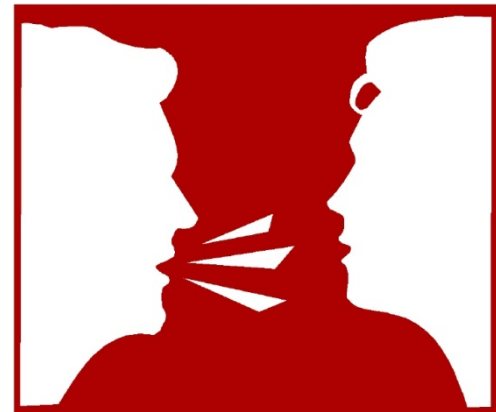
Ed. Code

- Sections 200, 220, 233 and 48900.3 describe policies and intent specific for hate-motivated violence
- Use of Penal code to clearly define hate-motivated crimes

Did you know that schools that receive federal funding are obligated to address cases of bullying covered by federal civil rights laws?

California Education Codes

- **Bullying/Harassment**
 - Education Code [48900](#)
 - Education Code [48900.4](#)
 - Education Code [48900.2](#)
- **Cyber Bullying**
 - Education Code [48900](#)
 - Education Code [32261](#)
- **Hazing**
 - Education Code [48900.2](#)
- **Sexting**
 - [A.B. 321](#)
 - [S.B. 916](#)
 - [S.B. 919](#)



Additional Resources

- US Department of Health and Human Services-HRSA
- www.helpguide.org
- Board of Regents of the University of Nebraska, 2007
- www.stopbullying.gov
- <http://volunteerguide.org>
- www.hhs.gov
- www.pbs.org
- www.tolerance.org
- www.ojp.usdoj.gov



Overview

What can I take away from this workshop