



Bullying Prevention

Glenarden Woods Elementary School

Defining Bullying?

- Whether bullying is physical, verbal, or social (relational), four widely-accepted factors can be used to identify it:
- Bullying is deliberate - harming another person intentionally
- Bullying involves a misuse of power in a relationship
- Bullying is usually not a one-off - it is repeated, or has the potential to be repeated over time
- Bullying involves behavior that can cause harm - it is not a normal part of growing up.
- Bullying can happen anywhere, in person or online (cyberbullying), at any time, and can be verbal, physical or social (relational). It can be obvious or hidden.
- Kids who bully use their power — such as physical strength, knowing something embarrassing, or popularity — to control or harm others. Bullying is when one student (or a group of students) keeps picking on another student again and again to make them feel bad. They say or do things to upset them, make fun of them, stop them from joining in, or keep hitting or punching them.

What is not Bullying?

- Bullying is a word often used to describe behavior that is not actually bullying — not all verbal or physical aggression is bullying.

For example:

- a one-off fight or argument, or difference of opinion between friends where there is no power imbalance and they can sort it out between themselves
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence
- theft: taking someone else's things once is theft but not necessarily bullying.
- These other behaviors may be just as upsetting and serious, but may need to be dealt with in a different way. We will need to use your judgment to decide whether or not a specific incident is bullying.

Looking at the interaction...

Hassling / teasing

Fighting / aggression

Bullying

Does it go both ways?

Usually both students are hassling each other

Not usually – one tends to initiate it

No, one student is targeting the other

Does it look like they're having fun?

Usually takes place between students who are familiar with, and like each other

No, one is the aggressor

No, one person is in distress

Is it well-meaning?

Yes, it's mostly good natured hassling

Not usually – it is often intentional, but can also be an involuntary reaction to something

No, one student is deliberately harming the other

Is it a one-off?

No, it's usually ongoing, because the students hang out together regularly.

Often a single incident

No, it happens repeatedly over time

Is it between equals?

Yes

Possibly

No, there is a definite power imbalance

IS IT BULLYING?

When someone says or does something
unintentionally hurtful and they do it once, that's

RUDE

When someone says or does something
intentionally hurtful and they do it once, that's

MEAN

When someone says or does something
intentionally hurtful and they *keep doing* it - even
when you tell them to stop or show them that
you're upset, that's

BULLYING

How Do I Talk with My Child About Bullying?

- Keep the lines of communication open with your child
- Know your child's friends
- Ask about the school day
- Listen to any questions or concerns that arise.
- Discuss if they have been bullied or ever witnessed an incident of bullying.
- Model how to treat others with respect and understanding.

Warnings Signs

- Unexplained damage or loss of clothing and other personal items
- Evidence of physical abuse, such as bruises and scratches
Loss of friends; changes in friends
- Reluctance to participate in activities with peers
- Loss of interest in favorite activities
- Unusually sad, moody, anxious, lonely, or depressed
- Problems with eating, sleeping, bed-wetting
Headaches, stomach aches, or other physical complaints
- Decline in school achievement
- Thoughts of suicide

What do if your child is being bullied?

- Get as much information as you can from your child: Who? What? When? Where? How?
- Get the facts before labeling it bullying. Listen. Don't blame or judge.
- Remind your child that bullying is not their fault. Remain calm.
- Contact your child's teacher, school principal, or Counselor

Cyber Bullying

- Using electronic communication to monitor and harass the victim in order to control the victim's online participation.
- Spreading rumors about the victim online to harm the victim's reputation, and turning others to disparage the victim as well – sometimes by “ganging up” on the victim in an online forum.
- Using a fake online identity to trick the victim into revealing personal information, and using this information to harass the victim.
- Releasing the victim's private information, including personal photos, with the intent to damage the victim's reputation. C

How to Report?

How to Report in PGCPS?

Complete the Bullying, Harassment, or Intimidation Report Form
(Located a school and online at <http://www.pgcps.org/antibullying/>).



Submit the form to the school for their investigation.



Maintain a copy.