

How do I talk to my child about bullying?

Talk

- » Talk to your child about bullying and make sure they understand that it is unacceptable. It is never too early or late to bring it up.
- » Tell your child to talk to you or a trusted adult at school if they are ever bullied – or ever witnesses an incident of 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.
- » Model how to treat others with respect and understanding.
- » Encourage your child to be involved in activities they enjoy to boost confidence and self-esteem.
- » Visit www.stopbullying.gov for tips.



What do I do if I think my child is bullying others?

- » Talk to your child about the specific behavior and why it is wrong.
- » Calmly tell your child that bullying will not be tolerated.
- » Ask your child WHY they bullied? Try to understand the reasons and offer solutions.
- » Use consequences to teach – not humiliate.
- » Call your child's teacher, principal, social worker or guidance counselor to talk about what happened and strategies for moving forward.
- » Continue to talk to your child about how their behavior impacts others.



Listen

What do I do if I think my child is being bullied?

- » Get as much information as you can from your child – What? When? Who? How? Where?
- » Listen. Don't blame.
- » Don't call it bullying until you've gathered all of the facts.
- » Contact your child's teacher, school principal or the school's Dignity Act Coordinator. These individuals can help with the DASA requirements and can help you and your child.

To learn more about the Dignity for All Students Act, visit: www.p12.nysed.gov/dignityact

No student shall be subjected to harassment or bullying by employees or students on school property or at a school function; nor shall any student be subjected to discrimination based on a person's actual or

perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, or sex. (State Education Laws of 2010, Effective: July 1, 2012)



Bullying, Harassment and Discrimination in NYS Public and Charter Schools

A guide for parents

Actions

Words

Concerns

Violence

Blame

Help

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Dignity for All
Students Act



Be aware that not all children who are bullied exhibit warning signs.

Comments

Signs that a child is being bullied:

- » Unexplainable injuries;
- » Lost or destroyed clothing, books, electronics or jewelry;
- » Feeling sick or faking illness;
- » Difficulty sleeping or frequent nightmares;
- » Avoidance of certain areas, like the playground or restroom;
- » Declining grades, loss of interest in school;
- » Sudden loss of friends or avoidance of social situations;
- » Self-destructive behaviors, like running away or talk of suicide.

Disrespect

Signs that a child is bullying others:

- » Getting into physical or verbal fights;
- » No regard/disrespect for other people's feelings;
- » Disrespecting authority and/or rules;
- » Unexplained extra money or new belongings;
- » Blaming others for problems;
- » Lying to get out of trouble;
- » Deliberately hurting pets or animals;
- » Using anger to get what he/she wants;
- » Refusing to accept responsibility for actions.

How do I know if my child is involved in bullying?

Examples of bullying include, but are not limited to:

- » **Verbal:** Name-calling, teasing, sexual comments, taunting and threatening to cause harm, misuse of preferred pronouns or intentional mispronunciation of names.
- » **Social:** Spreading rumors about someone, excluding others on purpose, telling other children not to be friends with someone, embarrassing someone in public, making fun of the way someone chooses to dress and denying access to school facilities including restrooms, changing rooms, locker rooms and/or field trips.
- » **Physical:** Hitting, punching, shoving, kicking, pinching, spitting, tripping, pushing, taking or breaking someone's property and making mean or rude hand gestures.

The Dignity for All Students Act (DASA) promotes a safe and supportive learning environment in all public and charter schools, free from bullying, cyberbullying, harassment and discrimination from students and adults.

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REMEMBER:

- » Bullying almost always requires adult intervention.
- » Kids can play many roles in a bullying situation. There are KIDS WHO BULLY, KIDS WHO ARE BULLIED, and THOSE WHO WITNESS BULLYING.
- » Most kids play more than one role in bullying over time.
- » All of these kids may be at risk for negative outcomes, like depression or thoughts of suicide.