

STOP BULLYING

A large red handprint graphic is positioned behind the word "STOP". The handprint is oriented with the fingers pointing upwards, and its base is located between the letters 'O' and 'P'.

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Prince George's County
Public Schools
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STAND UP. SPEAK OUT

Agenda

- What bullying is
- What parents can do to support youth who experience victimization
- What parents can teach youth to do
- Resources and supports in PGCPS to support our students with bullying



Is this Bullying or not?

Joe says over and over that Michael is dumb.

☒ Yes

Sam calls Patricia a dork and Patricia smiles and laughs.

☐ No

Everyone de-friends Tina on Facebook because Stephanie told them to.

☒ Yes



Is this Bullying or not?

Jake pushes Jimmy into his locker.

● ~Maybe

Bob pushes his girlfriend into a locker every time they fight.

● ✓ Yes



What is Bullying?

Any **unwanted aggressive** behavior(s) by another youth or group of youths that involves an observed or perceived **power imbalance** and is repeated multiple times or is **highly likely to be repeated**. Bullying may inflict harm or distress on the targeted youth including **physical, psychological, social, or educational harm** (CDC, 2014)

4 Types of BULLYING

PHYSICAL Bullying

Hitting, kicking,
slapping, pinching,
spitting, tripping,
pushing, blocking

Stealing or destroying
someone's possessions

Making mean or rude
hand gestures

Touching in unwanted
and inappropriate ways

VERBAL Bullying

Name calling

Insults

Teasing

Intimidation

Homophobic or
racist remarks

Inappropriate sexual
comments

Taunting

Threatening to
cause harm

SOCIAL Bullying

Lying and spreading
rumors

Leaving someone out
on purpose

Telling others not to be
friends with someone

Embarrassing
someone in public

Damaging someone's
social reputation or
relationships

CYBER Bullying

Posting/sending
hurtful texts emails or
posts, images or
videos

Making online threats

Imitating others online
or using their log-in

Deliberately excluding
others online

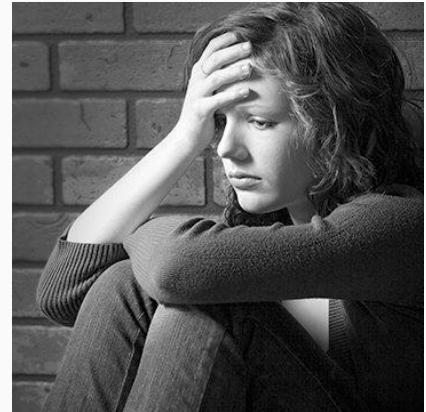
Spreading nasty
gossip or rumors
online

How do you think these students might be feeling?



Why is Bullying a Problem?

- Bullying inflicts harm or distress on the victim
- Bullying puts children at increased risk for academic and psychosocial/ mental health problems: depression, anxiety, suicide, low self-esteem
- It can lead to feelings of fear, isolation, and humiliation



A Statistic for You

Children with disabilities are **two to three times more likely to be bullied than their peers that do not have a disability**. While this statistic is shocking, it may be even more shocking is that **only 60% of these children report that they are being bullied**.



So...What can Parents Do?

Talk with and listen to your kids everyday

- Validate their experiences
 - *"That sounds really hard. I'm sorry you went through that."*
- Encourage self-esteem
 - *"Don't let their remarks define who you are. Be proud of who you are because ..."*

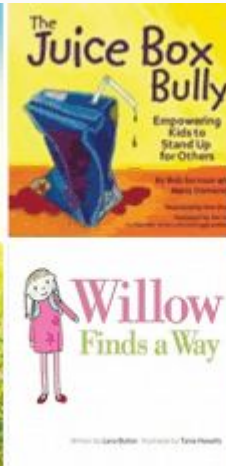
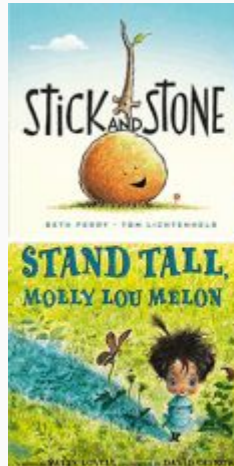
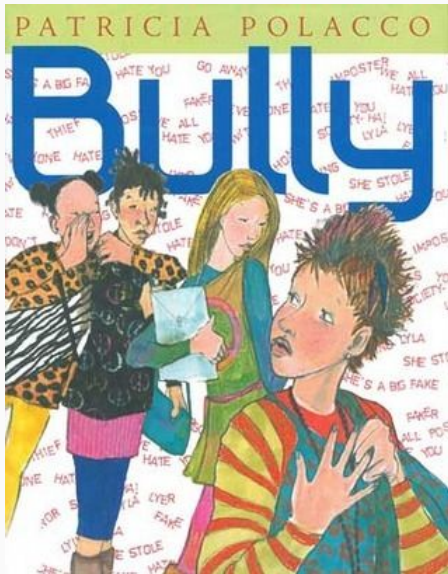
Adopt a solution-oriented approach

- Model healthy conflict resolution skills
- Model empathy
- Let your children know that you hear their concerns and want to help, so that they don't feel that you are ignoring the problem



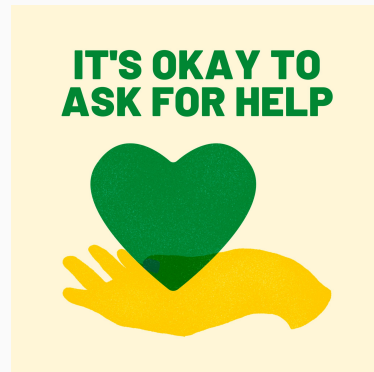
What Parents can do (Continued)

Read and discuss stories with your children

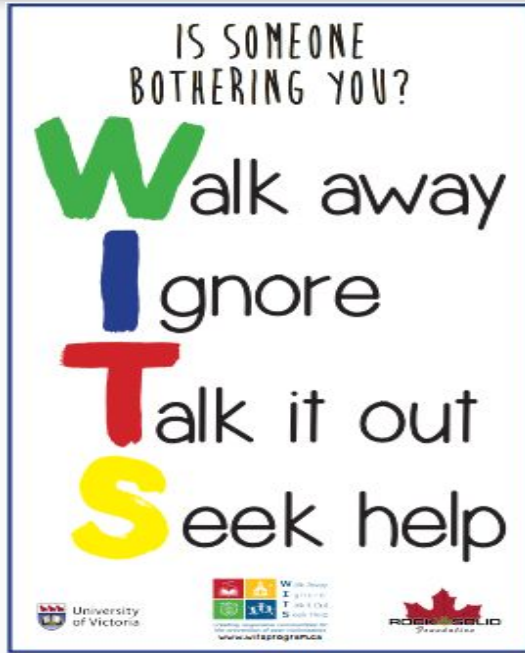


What Parents can do (Continued)

- Know the signs for victims
- Work collaboratively with your child's teachers and schools
 - Communicate frequently and help create a no-bullying climate in home and school
- Seek professional help
 - Counseling helps!
 - Cognitive-behavioral therapy



Teach your Child Social Skills and Coping Strategies!!!



- Be **assertive**, but not aggressive
- Do not react or give attention
- Know the difference between seeking help and tattling
- Use harmless humor to deflect
- **Reframe**
 - "Four eyes, four eyes, you have four eyes."
 - "Thanks for noticing my glasses!"
- **Agree/ so what**
 - "You have so many freckles."
 - "Yes, I have a lot of freckles."

Report!

To Report in PG County

If your child experiences cyberbullying or bullying:

Go here: <https://offices.pgcps.org/antibullying/>

At the bottom of the website, click “How to Report”

Complete the **Bullying, Harassment or Intimidation Reporting Form** (Link below)

- [Report Bullying Now: Online App](#)



For Cyberbullying

- Notice
 - Be on the look out for warning signs
- Talk
 - Ask questions about what is going on
- Document
 - Keep a record of what is happening and where
 - Print and save screenshots, emails, text messages
- Report
 - To the app/social media platform, to the school, or to the police
- Support
 - Let your child/teen know that he/she is not alone



Some Resources

- WITS program: www.witsprogram.ca
- Stop Bullying:
<http://www.stopbullying.gov>
- Cyberbullying Resource Center:
<https://cyberbullying.org/trauma-bullying-cyberbullying>
- Born This Way Foundation:
www.bornthiswayfoundation.org
- PACER: <http://www.pacer.org>



Prevention

- Administrative Procedure 5143 BHI
- SRRH Review twice per year
- Welcoming Schools (Biased-based bullying prevention)
- Social Emotional Learning (SEL) Specifically, “Second Step”
- Electronic BHI Reporting Form
- Bullying Prevention Plan is required for **every** school
- MSDE has recently posted a new on-line course “Bullying Prevention for Maryland Educators”

Interventions

- Schools may create Safety Plans for the targeted student

For the bully

- Initiate immediate conversation with the bully or bullies following an incident
- Communicate in a clear firm manner that bullying behaviors are unacceptable and will not be tolerated
- Let the bully know that negative consequences will follow bullying behavior

Interventions cont'd.

- Involve the bully in role-play scenarios depicting non-aggressive behavior
- Provide guidance sessions on how to replace aggression with positive behavior
- Have the bully work with an adult mentor who can address the importance of empathy and compassion for others
- Use resources with the bully and his/her parent or guardian that focus on bullying, to target behaviors specific to bullying incidents
- Redirect the bully to complete projects or activities that contribute to the school campus in a positive way
- Make sure that the bully's behavior is **closely monitored**

Interventions cont'd.

The Targeted Student

- Assist the student in establishing a network of friends
- Have counselor work with the student to improve social skills
- Assign students or staff members to mentor the targeted student
- Encourage the targeted student to report any incidents of subsequent bullying
- Group students with the targeted student to foster new relationships and friendships
- Make sure that the targeted student has a trusted adult that they can talk to when needed

Interventions cont'd.

- Provide reassurance to the targeted student that shows that measures are being taken to prevent any recurrence of bullying
- Relay the message to the targeted student that the bully is the problem, not them
- Assure the targeted student that he/she has the right to feel safe and secure in school

Interventions cont'd.

Administrative transfers have been granted as a last resort

***** Just a reminder that Peer Mediation should never be used as an intervention for bullying**

Maryland State Department of Education Bullying Definition

Bullying - is unwanted, demeaning behavior among students that involves a real or perceived power imbalance. The behavior is repeated, or is likely to be repeated, over time. To be considered bullying, the behavior must be intentional and include: (1) an imbalance of power (students who bully use their physical, emotional, social or academic power to control, exclude, or harm others) and (2) repetition (bullying behaviors happen more than once or are highly likely to be repeated based on evidence gathered).

Grace's Law

In October 2013, the State of Maryland enacted Grace's Law, making misuse of interactive computer services a criminal offense. Its purpose is to prohibit anyone from using electronic media (computers, tablets, phones, etc) to maliciously engage in conduct that inflicts serious emotional distress on a minor and/or places that minor in reasonable fear of death or serious bodily injury. A person who is found guilty of violating this law is subject to imprisonment up to a year and a fine or both.