



INFORM. EDUCATE. ADVOCATE.

PARENT INFORMATION CENTER OF DELAWARE

STEPS TO PREVENT BULLYING

AT A GLANCE

There are many definitions of bullying, however they generally involve the following:

- Imbalance of Power
- Intent to Cause Harm
- Repetition

Look for Changes in Your Child: Changes in behavior, mood, habits, increased absences from school, withdrawn, etc.

School's Anti-Bullying Policy: *Are the bullying procedures outlined in the school's code of conduct? Ask for a copy or check the student handbook to see whether your school has standards in place that will help resolve the situation.*

WHAT TO DO IF YOUR CHILD IS BEING BULLIED:

- *Talk with your child.* Focus on your child. Express your concern and make it clear that you want to help.
- *Contact your child's teacher and/or administrator (principal).* Document all communication.
- *Document ongoing bullying/create a log.* Work with your child to keep a record of all bullying incidents. If it involves cyberbullying, keep a record of all messages or postings.
- *Help your child develop strategies and skills for handling bullying.*
- *Be persistent.* Bullying may not be resolved overnight.
- *Get help for your child.* Seek advice from your child's guidance counselor or other school-based health professionals. They may be able to help your child cope with the stress of being bullied.
- *Commit to making the bullying stop.* Talk regularly with your child and with school staff to see whether the bullying has stopped. You may need to seek an attorney's help or contact local law enforcement officials if the bullying persists or escalates.

ADDITIONAL PROTECTIONS FOR STUDENTS WITH DISABILITIES

States and school districts have a responsibility under Section 504, Title II, and the Individuals with Disabilities Education Act (IDEA) to ensure that a Free Appropriate Public Education (FAPE) is made available to eligible students with disabilities.





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WHAT YOU SHOULD KNOW ABOUT CYBERBULLYING:

- *Tell your child not to respond to cyberbullying.* Responding can sometimes make the situation worse.
- *Document ongoing cyber bullying.* Work with your children to record bullying incidents. **Make a screen print of the webpage.**
- *Be Persistent.* Talk regularly with your child to see whether the cyberbullying has stopped.
- *Block the person who is cyberbullying your children.* Many websites and phone companies let you block people. Cyberbullying may violate the “Terms and Conditions” of these services. Consider contacting them to file a complaint.
- *Contact law enforcement.* Police can respond if the aggressive behavior is criminal. The following may constitute a crime:
 - Threats of violence
 - Child pornography and sexting
 - Taking a photo image of someone in a place where he or she would expect privacy
 - Harassment, stalking, or hate crimes
 - Obscene or harassing phone calls or text messages
 - Sexual exploitation
 - Extortion

**DELAWARE DEPARTMENT OF JUSTICE BULLYING
PREVENTION & SCHOOL CRIME HOTLINE
1-800-220-5414**

PIC is a statewide non-profit organization with a mission to improve health and educational outcomes for children and youth by empowering them, their families and the professionals who serve them. For more information visit www.picofdel.org or call 302-999-7394



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WHAT YOU SHOULD DO IF YOUR CHILD IS THE BULLY:

- *Talk with your child.* Ask for their account of the situation. Be objective and listen carefully.
- *Make it clear to your child that you take bullying seriously.* Calmly let them know that bullying is not tolerated.
- *Develop clear and consistent rules for your child's behavior.* Praise your child when they follow the rules. Decide on fair consequences and follow through if your child breaks the rules.
- *Supervise your child's activities/friends.* Carefully supervise and monitor their activities, including when they are online or texting.
- *Be aware of who your child's friends are.* Find out how they spend their free time.
- *Build on your child's talents and positive attributes.* Encourage him or her to get involved in social activities, such as football, track, chess, book clubs, etc.
- *Work with your child's school to ensure the bullying does not happen again.* Ask the school to keep you informed. Work together to send clear messages to your child that the bullying must stop.
- *Talk with a school counselor or health professional.* They may be able to provide your child with additional help.

Source(s): www.stopbullyingnow.gov

PACER's National Bullying Prevention Center

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