

Bullying is... DRAFT

- a “specific type of aggression in which
- the behavior occurs repeatedly over time,
- the behavior is intended to harm or disturb, **and**
- there is an imbalance of power, with a more powerful person or group attacking a less powerful one.”

Types of Bullying.....

- Physical bullying includes pushing, tripping, and hitting, etc.
- Relational or emotional bullying is the use of peer pressure and manipulation to isolate and hurt a person’s feelings. A bully can get a whole group to exclude or ignore a particular student.
- Verbal bullying includes teasing, mocking, threatening, taunting, and spreading rumors and lies.
- Cyber-bullying includes bullying through the use of technology or any electronic communication.

Strategies for Students.....

If you think you are being bullied, you should.....

- Ask the person to stop.
- Walk away; don't fight back.
- Ignore the bully.
- Stay with other people; don't be alone
- Tell an adult you trust.

If you think someone else is being bullied, you should.....

- Stand up for the person being bullied.
- Tell an adult you trust
- Don't leave the person alone
- Don't stand by and watch someone else being bullied; use courage



Educators in the U.S. must obey the Family Educational Rights and Privacy Act (FERPA). This act strongly affects schools and disciplinary procedures against minor students. One effect of this act is to make school records (including discipline) a private matter. That means a school is prohibited from sharing any information in a student's record, including disciplinary information and consequences, to third parties without consent.

Strategies for Parents.....

- Remain calm; your reaction can impact your child.
- Assure your child that the problem can and will be solved.
- Make sure that your child understands that he/she has to tell a trusted adult at school.
- Talk to your child’s teacher about the warning signs and/or suspected bullying incidents.
- Reinforce your child’s self-esteem and feelings of self-worth
- Give your child appropriate strategies for verbally sticking up for themselves.
- Monitor your child's social networking, cell phone, and all electronic media use



Differences between Bullying and Other Types of Conflict

Rough Physical Play

- Usually friends; often will do the same thing again*
- Power not an immediate issue
- Not about hurting
- Affect is friendly; mutual

Physical Fighting

- Usually not friends; typically not repeated
- Power close to equal
- Trying to hurt each other
- Affect is negative, angry

Bullying

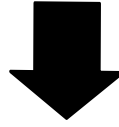
- Not friends but will be repeated
- Power is not equal
- Bully is trying to hurt, humiliate
- Affect varies between the target and bully

Cyber Bullying

- Friends and others but will be repeated
- Power not clearly apparent
- Bully is trying to intimidate, hurt, humiliate, or threaten
- Affect varies between target, bully, and cyber-community

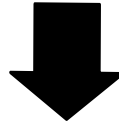
Response Procedures

Assess for immediate safety issues



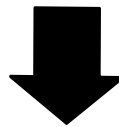
Conduct Investigation

Interview Target
Interview Alleged Aggressor
Interview Witness(es)



Initiate Action Plan

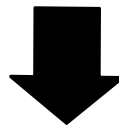
Assign Consequences
(if appropriate)
Contact Parents



Complete Incident Documentation



Inform Incident Reporter



Follow -Up: Monitor Behavior

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Elementary Anti-Bullying Guide

Framingham Public Schools believe that all students have a right to a safe and healthy school environment. Bullying of any type is a major distraction from learning and has no place in a school setting.