

## WHAT TO DO IF I AM CONCERNED MY CHILD IS BEING BULLIED

**Talk with your child.** Focus on your child. Express your concern in a calm manner and make it clear you want to help.

**Empathize with your child.** Let them know that bullying is wrong, is not their fault, and that you are glad they had the courage to tell you about it.

**Work together to find solutions.** Ask your child what they think can be done to help. Reassure them that the situation can be handled privately.

**Document ongoing bullying.** 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.** Provide suggestions for ways to respond to bullying, and help your child gain confidence by rehearsing their responses.

**Be persistent.** Bullying may not be resolved overnight.

**Stay vigilant to other possible problems that your child might be having.** Share your concerns with a teacher, counselor, or administrator at school. A student may want to not come to school or develop anxiety about certain situations.

## WHAT TO AVOID

**Avoid getting emotional and overreacting.** We all care about our children and want the best for them. However, your child will best be able to handle the situation if you are able to stay calm and model positive coping skills.

**Avoid telling you child to ignore the bullying.** Be supportive and gather information about the bullying. Communicate with the school. Often, trying to ignore bullying will escalate the situation.

**Avoid encouraging your child to harm the person who is bullying them.** Your child could get hurt or suspended and the situation could escalate more if students engage in physical harm.

**Avoid demanding or expecting a solution on the spot.** Indicate that you would like follow-up to determine the best course of action. The law limits the ability of school personnel from revealing disciplinary actions taken against other students. Just because they cannot tell you if or how another student was disciplined does not mean action was not taken.

## LOLETA ELEMENTARY SCHOOL



**SAFE  
RESPONSIBLE  
RESPECTFUL**

**Information for Students,  
Parents, and Guardians on  
Bully Prevention Efforts**

**LOLETA ELEMENTARY SCHOOL** is committed to creating a safe and supportive school environment for all students.

Working in partnership with parents, guardians, and family members is an essential component of a positive school climate. Please let us know how to best support your child if they are experiencing bullying.

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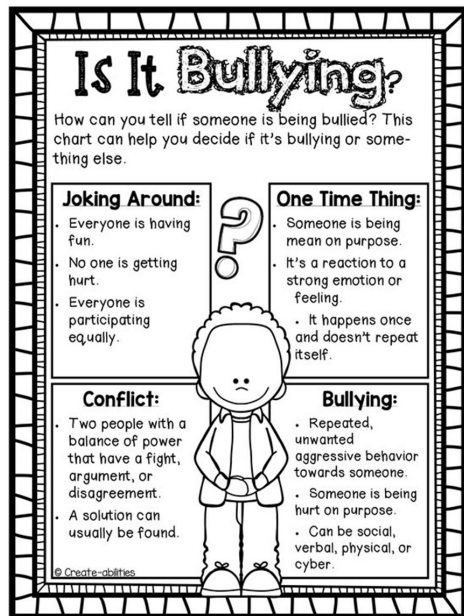
## WHAT IS BULLYING?

Although definitions of bullying may vary, most agree that bullying involves:

**Imbalance of Power:** People who bully use their power to control or harm. The people who have been bullied may have a hard time defending themselves.

**Intent to Cause Harm:** Actions done by accident are not bullying. The person bullying has a goal to cause harm.

**Repetition:** Incidents of bullying happen to



## TYPES OF BULLYING?

**Physical:** Hurting someone's body or possessions

- Hitting, kicking, pinching, pushing
- Taking or breaking someone's things

**Verbal:** Saying or writing mean things

- Teasing, name-calling, taunting
- Inappropriate comments
- Threats of harm

**Social:** Hurting someone's reputation or relationships

- Leaving someone out on purpose
- Telling others not to be friends with someone
- Spreading rumors

**Cyber:** Takes place using electronic technology via Texts, Snapchat, Twitter, Facebook, and/or TikTok

- Spreading rumors via email or social networking sites
- Sharing embarrassing pictures, videos, websites, or fake profiles
- Creating fake accounts
- Sending mean or threatening text messages

## BE PROACTIVE AGAINST BULLYING

**Help your child understand bullying.** Explain the different types of bullying.

**Keep open lines of communication with your child.** Check in with your child and listen to any concerns about friends and other students.

**Teach your child to be an UPSTANDER and to take a stand against bullying.** Let them know that it is okay to speak out with their words if someone is being treated unkindly.

**Talk to your child about seeking help from a trusted adult when feeling concerned about a bully.** Talk about whom they should go to for help and role-play what they can say.

**Encourage kindness and compassion.** Although bullying is not okay, research shows that bullying behaviors often stem from underlying concerns or situations that student's are experiencing. At Loleta Elementary School, we are working to encourage and promote a school environment where kindness is encouraged, recognized and appreciated.