

What is Bullying?

Bullying means **overt, repeated** acts or gestures, including:

- A. Verbal or written communications (including electronic) transmitted;
- B. Physical acts committed; or
- C. Any other behaviors committed by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the other student. [IC 20-33-8-0.2]

**Bullying can take many forms including slurs, rumors, jokes, innuendos, demeaning comments, drawing cartoons, pranks, gestures, physical attacks, threats, or other written, electronic text message, oral, or physical actions.

Bullying is prohibited when:

- A. On school grounds immediately before or during school hours, immediately after school hours, or at any other time when the school is being used by a school group;
- B. Off school grounds at a school activity, function, or event;
- C. Traveling to or from a school or a school activity, function, or event; or
- D. Using property or equipment provided by the school; and
- E. Bullying acts originating in school that continue after school hours and off school property. [IC 20-33-8-13.5]

School Rules About Bullying

- 1. We will not bully others.**
- 2. We will help others when they are being bullied.**
- 3. We will include others.**
- 4. When we know someone is being bullied, we will tell an adult.**

What to do if your child is being bullied

DO...

- Allow your child to talk about his or her bullying experiences. Write down what is shared.
- Empathize with your child.
- Contact a teacher, school counselor, or principal immediately.
- Work closely with school personnel to help solve the problem.
- Encourage your child to make contact with friendly students in his or her class.
- Teach your child safety strategies, such as how to seek help from an adult.
- Help your child develop bully-resistance skills. (See resources below)

DON'T...

- Tell your child to ignore the bullying.
- Blame your child or assume your child did something to provoke being bullied.
- Encourage physical retaliation.

What to do if your Child witnesses Bullying

- Teach your child how to get help without being hurt.
- Encourage your child to verbally intervene if it is safe to do so by saying things as "Cool it! This isn't going to solve anything."
- Tell your child not to cheer on or even quietly watch bullying. This only encourages the bully.
- Help your child support others that tend to be bullied.
- Teach your child to include everyone in activities.
- Praise and reward "quiet acts of courage" where your child tried to do the right thing to stop bullying, even if he or she was not successful.
- If you or your child need additional help, seek assistance from a school counselor and or other professional.

Preventing Cyber Bullying

- Talk to your children about appropriate ways to interact online. Be kind online.
- Set family guidelines for computer use and appropriate online guidelines.
- Keep the computer in a common area of the home.
- Monitor your child's social networking sites and let them know you intend to do so.
- Educate your children about their "cyber footprints," what you post online, stays online, for all to see.
- Inform your children they should let you know if they are being bullied online. If they are threatened with harm, call the police.
- Tell your children to think clearly before they write. They should not send messages when they are angry.
- Tell your children not to react to a cyber bully. The reaction could fuel more attacks.

Resources

[Olweus Bullying Prevention Program](#)

[Bullies to Buddies](#)

[Bullyinginfo.org](#)

[Indiana Department of Education - Bullying](#)

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