

**Putnam City  
Bullying  
Resources**

Everyone wants children to feel safe at school. That's why state law, district policy and district educators treat bullying as a serious matter. To prevent bullying and make sure schools are safe and secure places for children to learn, parents and educators must share information and work together. Parents can access Bullying Report Forms along with more information concerning Putnam City Schools' regulations and policies regarding bullying on their schools' website under Parent Resources.



**Signs of a Problem**

- Student has unexplained injuries or torn clothing.
- Grades begin to slide. Student doesn't want to go to school.
- Is socially isolated.
- Appears sad, moody, anxious or depressed.
- Has trouble sleeping and / or experiences loss of appetite.
- No longer participates in previously enjoyed activities or hobbies.
- Becomes secretive, sullen, has outbursts.

**If your student is experiencing any of these signs you need to get more information.**

**Bullying**

**Is Your Child Being Bullied?**



Often times kids won't say they are being bullied. Some fear retaliation, others may think they are causing the problem or that they should be able to solve their own problems.

Sometimes asking open ended questions while participating in a fun activity like playing a game or shooting hoops can be a way to learn more about your child's social life.

Asking a few of these questions can help get you started.

- When I was a kid there was a boy / girl who wasn't nice to others. Do you know someone like that?
- If someone was unkind to you or someone else what would you do?
- Do you ever feel lonely at school?
- What makes a person popular at your school?

According to Dan Olweus, "A person is being

**Bullying Defined**

bullied when he or she is exposed, repeatedly, and over time, to negative actions on the part of one or more people." Bullying also involves a real or perceived imbalance of power.

**Bullying shouldn't be confused with normal peer conflict. All children are subject to occasional teasing behavior and aggression.**

If your child gets into a fight with a friend, sometimes unkind words are exchanged, and there may be a period of silence between them.

However, bullies are usually not friends and their actions and feelings are not mutual.



**When Should an Adult Intervene?**

- ◆ Intervene immediately if there is a disparity in age.
- ◆ Your child has tried some techniques to make it stop unsuccessfully.
- ◆ The behavior is escalating.
- ◆ Anytime there is physical injury, stolen property, weapons or statements of intent to harm.
- ◆ The victim due to any factor, is unable to defend himself.
- ◆ The bully has a history of violence or is unknown.

**Faces of Bullying**

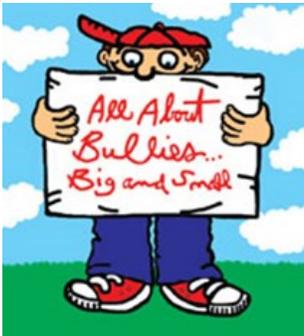
**Verbal Bullying**—is the most common kind: saying unkind things such as name calling, teasing and put downs.

**Relational Bullying**—is most common among girls: spreading rumors leaving someone out on purpose. Can be nonverbal gestures.

**Physical Bullying**—is most common among boys: violent actions such as hitting, tripping or pushing.

**Cyber-Bullying**—is using technology such as the internet or other mobile devices to send or post harmful or cruel information about someone.

# STAND UP! PREVENT BULLYING NOW! SPEAK OUT!



## Bullying is NOT the Same as Conflict

### Bullying is...

- An imbalanced relationship between a person and another person or group of people
- Repeated actions over a period of time
- Actions that make one feel degraded and humiliated
- One side being aggressive (bully) and the other side is the victim
- No give & take between those involved

### Conflict is...

- A disagreement between two or more people
- Described as antagonistic and hurtful
- Both sides saying and doing inappropriate things to each other
- NOT an imbalanced relationship
- Typically started from mutual kidding/teasing, jealousy of one's status, or disagreement in a school setting
- Sometimes mistaken as bullying but both sides are acting aggressively towards one another



## WHEN TO CONTACT THE SCHOOL

The Situation	Your Role	What the School Can Do	What the School Cannot Do
Your child is afraid to see another child at school, or generally afraid to go to school because of any incident	Get as many specific details as possible about why this is occurring	Create a Safety Plan for your child	Discuss with you any details or actions taken with other children including the aggressor
Your child reports to you an incident that occurred on-line or in person	Be sure to get very specific detailed information from your child about the incident	Take steps to ensure the safety of the children involved	Discuss with you the steps taken that involve any other child
Your child reports to you that they've heard a rumor about a future incident that may occur at school	Get as many specific details as possible	Investigate the plausibility of the future incident and take appropriate actions	Discuss with you the details regarding other children and/or parents
Situations that involve cyber-bullying through the use of technology and electronic communication	Print out your relevant documents and get as many specific details as possible	Investigate the situation and refer to school resource officer if necessary	Discuss the steps taken if they involve another child
If you have a serious disagreement about a disciplinary action taken by the school	Begin by pursuing a private conversation with the appropriate administrator	Respond to concerns in a timely manner	Discuss disciplinary actions taken with other students. Educators are bound by privacy policy

## How Parents / Guardians Can Help\*

Talk to a school staff member regarding the incidences that your child has reported to you

Closely monitor your child's use of technology in the home including computers and cell phones:

- ◆ Have technology (computers, etc....) in a common area of the home
- ◆ Know with whom your child is communicating
- ◆ Block access to technology when appropriate
- ◆ Check internet search and cell phone call history when circumstances warrant suspicion

Assure your child that the problem will be addressed

Reinforce your child's self-esteem

Make sure your child understands that he/she should tell a staff member so the appropriate action will be taken

Encourage your child to appropriately self-advocate