

Bully Proof Your Child

- **Help your child understand bullying.** Explain what bullying is. It is more than physical; it can be done in person or over the phone or computer.
- **Keep open lines of communication with your child.** Check in with your child and listen to any concerns about friends and other students.

● **Encourage your child to pursue their interests.** Doing what they love may help your child be more confident among their peers and make friends with other kids with similar interests.

● **Teach your child to take a stand against bullying.** Give guidance about how to stand up to those who bully if it is safe to do so.

● **Talk to your child about seeking help from a trusted adult when feeling threatened by a bully.** Talk about whom they should go to for help and role-play what they should say. Assure your child that they should not be afraid to tell an adult when someone they know is being bullied.

● **Know what is going on in your child's school.** Visit the school website, subscribe to the student paper—if there is one—and join the PTO listserv or mailing list. Get to know other parents, school counselors, and staff.

● **Contact the school by phone or e-mail if you feel as though bullying is occurring.**

www.stopbullying.gov

Reminders for Students

- **Speak up against bullying.** Say something like, “stop it.”
- **Walk away.** Act like you do not care, even if you really do.
- **Tell an adult you trust.** They may have ideas about what you can do.
- **Stick together.** Staying with a group might help.

Things to remember...

- You are not alone.
- It is not your fault. Nobody should be bullied!
- Talk to someone you trust.
- Do not hurt yourself.
- Do not bully back. Do not bully anyone else.
- Do not let the bully win. Keep doing what you love to do.
- If you witness a bullying incident, report the incident to a trusted adult immediately.

(Brochure contents obtained from the following websites: stopbullying.gov & safefrombully.com)

Bullying Reporting Procedures

If you are a student victim, the parent/guardian of a student victim, a close adult relative of a student victim, or a school staff member and wish to report an incident of alleged harassment and/or bullying contact the student victim's school to obtain a Lamar CISD Harassment and Bullying Reporting Form .



Lamar Consolidated ISD

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Educational opportunities are offered by the Lamar Consolidated Independent School District without regard to race, color, religion, national origin, sex or disability.

Empowering Parents & Students Against Bullying

Lamar CISD's Parent Informational
Guide about Bullying



**Lamar Consolidated I.S.D.
Celebrating Excellence In Education**

LCISD defines bullying as a means of engaging in written or verbal expression or physical conduct that will have the effect of physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm to the student's person or of damage to the student's property; or is sufficiently severe, persistent, or pervasive enough that the action or threat creates an intimidating, threatening, or abusive educational environment for a student.

www.lcisd.org

What is Bullying?

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

- **Imbalance of Power:** people who bully use their power to control or harm and the people being 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 the same person over and over by the same person or group



Types of Bullying

Bullying can take many forms. Examples include:

- **Verbal:** name-calling, teasing
- **Social:** spreading rumors, leaving people out on purpose, breaking up friendships
- **Physical:** hitting, punching, shoving
- **Cyberbullying:** using the Internet, mobile phones or other digital technologies to harm others

An act of bullying may fit into more than one of these groups.

www.stopbullying.gov

What Bullying is NOT

Most agree that bullying does not involve:

- **Not Liking Someone**
- **Accidentally Bumping into Someone**
- **Being Bossy**
- **Arguments**
- **"Isolated Acts of Harassment, Aggressive Behavior, Intimidation, or Meanness:** Anything that happens once is NOT an act of bullying. As a parent, it is important that you pay attention to what your kids are telling you and find out if things are happening more than once.



All behaviors above are unpleasant and need to be addressed, but they are not to be treated as bullying. Many times, labeling a single act of aggression can turn it into bullying just by perceiving it that way."

www.safefrombullies.com

Recognizing Signs of Bullying

If Your Child is Being Bullied They Might:

- Come home with damaged or missing clothing or other belongings
- Have unexplained injuries
- Complain frequently of headaches, stomach-aches, or feeling sick when time to go to school
- Have trouble sleeping or has frequent bad dreams
- Have changes in eating habits
- Lose interest in visiting or talking with friends
- Be afraid of going to school or other activities with peers

- Lose interest in school work or begins to do poorly in school
- Appear sad, moody, angry, anxious or depressed when they come home
- Talk about suicide
- Feel helpless
- Often feel like they are not good enough
- Blame themselves for their problems
- Suddenly have fewer friends
- Avoid certain places
- Act differently than usual

If Your Child is Bullying Others They Might:

- Become violent with others
- Get into physical or verbal fights with others
- Get sent to the principal's office or detention frequently
- Have extra money or new belongings that cannot be explained
- Be quick to blame others
- Not accept responsibility for their actions
- Have friends who bully others
- Need to win or be best at everything

www.stopbullying.gov

