

# Anti-Bullying Parent Program



**PRESENTER**  
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# Important Facts



- Most common form of violence in children
- Number ONE reason for carrying a weapon in school
- Traumatic experience with lasting effects
- One of out of every 10 students who drops out of school does so because of repeated bullying (Thull, 2008)
  - Students use truancy as a means of escape!
- Emotional stress from bullies can create shortfalls in a child's intellectual capacities (Goleman, 1995)
- Bullying also interferes with academic, social and personal development (Craig and Peplar, 1996)

# Simply stated, bullying...



- Is intimidating or subjecting a person to hostility or ill treatment.
- Involves actions which cause another person to feel afraid, humiliated, embarrassed, threatened or shamed.
- Occurs in a relationship in which there is an imbalance of power.
- Is repeated over time.

# Characteristics of Bullying

- Race
- Color
- Religion
- Ancestry
- National origin
- Gender
- Sexual orientation
- Gender identity of expression
- Mental/physical/sensory disability
- Socio-economic status
- Adoption
- Other distinguishing characteristics

# Bullying Happens in Four Ways



- **Verbal**
  - Teasing, jokes, ignoring/isolation, gossip, threats
- **Physical**
  - Blocking someone's path, physical restraint, pushing/kicking, hazing
- **Sexual**
  - Teasing, touching, slapping, pictures, emails, graffiti, sexual assault
- **Property**
  - Hiding belongings, theft, arson, extortion, vandalism, destruction

# Differentiating Bullying from Normal Peer Conflict/Mean Behavior



- **Normal conflict/mean behavior**

- Equal power or are friends
- Happens occasionally
- Accidental
- Not serious
- Equal emotional reaction
- Not seeking power
- Remorse-will take responsibility
- Effort to solve the problem

- **Bullying**

- Imbalance of power
- Repeated negative actions
- Intentional
- Physical or emotional harm
- Unequal emotional reaction
- Seeking control/material things
- No remorse-blames target
- No effort to solve the problem

# Warning Signs That Your Child May Be a Target of Bullying



- Frequently teased, taunted belittled, ridiculed, intimidated threatened, dominated or subdued
- Has a derogatory nickname
- Regularly has bruises or injuries that can't be explained
- Has belongings taken or damaged
- Few or no close friends at school

# Warning Signs Cont.



- Frequently socially isolated
- Less assertive or lacks the skills to respond to others' teasing or harassment
- Appears weak or easily dominated
- Tries to stay close to a teacher or other adult at recess or breaks

Talk with your child about bullying!



# What To Do

## If You Suspect Your Child is Being Bullied



- **Talk with your child**
  - If your child is being bullied, they need to have a voice in how the situation is handled.
- **Contact the school**
  - Set up a meeting with your child's teacher or counselor.
  - Develop a plan for keeping your child safe, particularly during vulnerable times (lunch, recess).
  - Find out what activities or counseling options are available for your child.
- **Contact police...**
  - If the actions are criminal (assault, theft, serious threats, vandalism)

# Warning Signs that your child may be bullying others



- Frequent name-calling
- Regular bragging
- A need to always get his/her own way
- Spending more time with younger or less powerful kids
- A lack of empathy for others
- A defiant or hostile attitude; easily takes offense
- Frequent misbehavior at school (e.g. name calling, teasing, intimidating, physical aggression)

# What To Do If You Suspect Your Child May Be Bullying Others



- **Talk with your child**
  - Never condone bullying behavior; speak up and tell your child that the behavior they are engaging in is considered bullying.
- **Encourage empathy for others**
  - Remind your child that everyone has a right to be themselves, to choose their own friends and to feel safe at school.
- **Review consequences of bullying behavior**
  - Both discipline consequences and relationship consequences
- **Reinforce respectful behaviors at home**
- **Help your child deal with feelings in positive ways**
- **Contact the school for help**
  - Set up a meeting with your child's teacher(s) or counselor.
  - Develop a plan for change.

# HIB Definition Adopted by the UBOE



- “Harassment, intimidation or bullying” means any gesture, any written, verbal or physical act, or any electronic communication, whether it be a single incident or a series of incidents, that is reasonably perceived as being motivated either by any actual or perceived characteristic, **such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory [handicap] disability, or by any other distinguishing characteristic**, that takes place on school property\*, at any school-sponsored function [or], on a school bus, or off school grounds\* as provided for in section 16 of P.L.2010, CHAPTER 122, that substantially disrupts or interferes with the orderly operation of the school or the rights of other students

# HIB Definition Cont.



- a reasonable person should know, under the circumstances, will have the effect of physically or emotionally harming a student or damaging the student's property, or placing a student in reasonable fear of physical or emotional harm to his person or damage to his property; **[or]**
- has the effect of insulting or demeaning any student or group of students **[in such a way as to cause substantial disruption in, or substantial interference with, the orderly operation of the school]; or**
- creates a hostile educational environment for the student by interfering with a student's education or by severely or pervasively causing physical or emotional harm to the student.

# Safety Team Members



- Principal
- *Teacher(s) in the school*
- School anti-bullying specialist (serves as chair)
- Parent(s) of a student in the school
- Other community members determined by the principal

## *New School District Staff Functions*



- **Anti-Bullying Coordinator (District)**
  - Nicole Ahern
- **Anti-Bullying Specialist (School)**
  - Fatima DeCorte – Jefferson School  
(908)851-4413
- **School Safety Team (School)**
  - Gina Calderone– Vice Principal
  - *\*Teachers*
  - *\*Parent*

## *School Safety Team (cont.)*



- Receives any HIB complaints reported to principal\*
- Receives copies of any HIB investigation reports\*
- Identifies and addresses patterns of HIB in the school\*
- Reviews and strengthens school climate and policies in order to prevent and address HIB

*\*Parent team members may only participate in activities that do not compromise student confidentiality.*



## *Bullying Prevention Programs*



- ***New Law: Instruction and the “Week of Respect”***
- Each year the “Week of Respect” will begin on the first Monday in October
- School districts must observe the week by providing age-appropriate instruction focusing on preventing HIB
- Throughout the school year the school district must provide ongoing age-appropriate instruction on preventing HIB in accordance with the core curriculum content standards

## *Training -Staff*



- Districts are responsible for training requirements:
  - In-service training for all staff of each school district must provide training on the school district's HIB policies to school employees and volunteers who have significant contact with students **and ensure that the training includes instruction on preventing bullying on the basis of the protected categories as enumerated in N.J.S.A. 18A:37-14 and other distinguishing characteristics that may incite incidents of discrimination, harassment, intimidation, or bullying.**

# Parent Resources



**National PTA (Parent Teacher Association)**

<http://www.pta.org/bullying.asp>

**Education.com**

<http://www.education.com/topic/school-bullying-teasing/>

**No Bully**

<http://www.nobully.com/parents.htm>