

# Bullying and Harassment

## What Parents Need to Know



Presented by Joan Reubens and Dorene Daughtry

Pinellas County Schools, Prevention Office

[reubensj@pcsb.org](mailto:reubensj@pcsb.org) or 588-6348

[daughtryd@pcsb.org](mailto:daughtryd@pcsb.org) or 588-5135

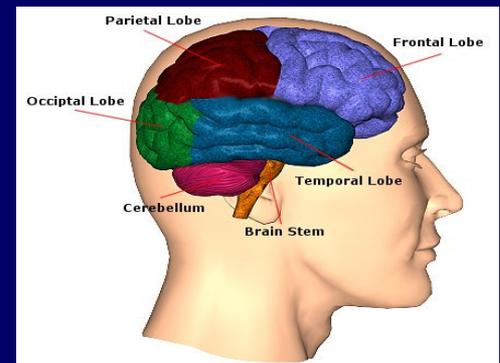
# 160,000

students miss school every  
day due to **fear** of  
attack or intimidation by  
other students.

National Association of Secondary School Principals

# What We Know

- Physical and emotional safety in schools is integral to the learning environment
- Bullying impacts the learning environment and can result in negative outcomes for students
  - Students missing school
  - Students dropping out
  - School violence



# The Policy against Bullying and Harassment: Where does Policy Apply?

- During any education program or activity conducted by a district school
- During any school-related or school-sponsored program or activity
- On a school bus or at a school bus stop
- Through the use of data or computer software that is accessed through a computer, computer system, or computer network within the scope of the school system or not.

## What is bullying?

A student is being bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more students.

D. Olweus



# Bullying

Policy defines bullying as:

**Systematically and chronically  
inflicting physical hurt or  
psychological distress on  
one or more students or  
employees**

# May involve but not limited to:

- Teasing;
- Social Exclusion;
- Threat;
- Intimidation;
- Cyber-bullying
- Stalking, including cyberstalking
- Physical violence;
- Theft;
- Sexual, religious, or racial harassment;
- Public humiliation or private;
- Destruction of property

# Harassment

Policy defines harassment as

**any threatening, insulting, or dehumanizing gesture, use of data or computer software, or written, verbal or physical conduct directed against a student or employee that:**

- Places a student or employee in reasonable fear of harm to his or her person or damage to his or her property.
- Has the effect of substantially interfering with a student's educational performance, opportunities, or benefits.
- Has the effect of substantially disrupting the orderly operation of a school.

# Discriminatory Harassment

- When hateful or “just kidding” harassing comments are based on race, color, national origin, sex, or disability, as well as to include such bases as sexual orientation and religion, it violates the civil rights laws that the Office for Civil Rights enforces.

# Key Elements of Bullying

- **Imbalance of power**
- **Intentional**
- **Repeated**



# Characteristics of Peer Conflict

- Both students involved have equal power in the relationship.
- Neither student is looking for power or control....they just disagree.
- Usually will feel responsibility for what they did. They just want to solve the problem.
- Conflict happens occasionally and is not usually serious or damaging to either person.

<b>Rough Play</b>	<b>Real Fighting</b> (Conflict) <b>Mediation can take place</b>	<b>Bullying</b> (No Mediation)
Usually friends; often repeated (same players)	Usually not friends; typically not repeated	Typically not friends; generally repeated
Balance of power	Power relatively equal	Unequal power
No intent to harm	Intentional harm- doing	Intentional harm- doing
Affect is friendly; positive, mutual	Affect negative; aggressive, tense, hostile affect	Affect negative; aggressive & differs for victim and aggressor

# Types of Bullying

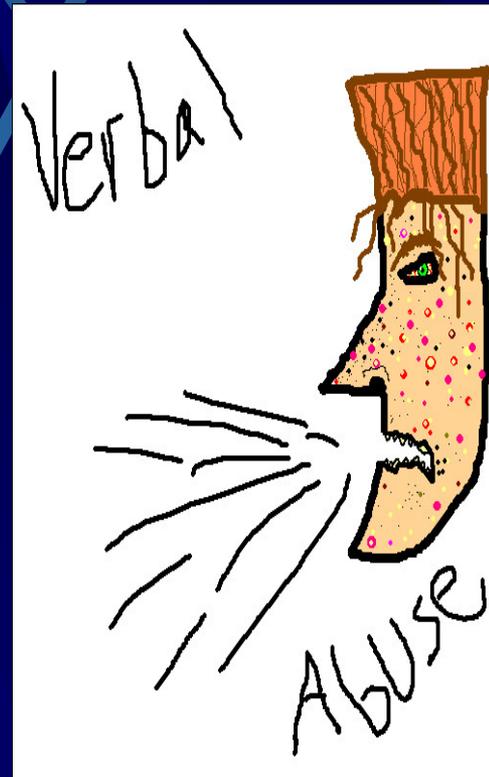


- **Verbal**
- **Physical**
- **Relational Aggression**
- **Cyber Bullying**



# Verbal

**Verbal Abuse May Not  
Leave A Bruise,  
But It Does Leave  
A Scar!**



# Physical



# Relational



# Cyberbullying



# Prevent Cyberbullying

## Tips for Parents

- ▶ Create rules for internet use
- ▶ Monitor where they go Online
- ▶ Educate yourself and your child
- ▶ Know what your child is doing online
- ▶ Learn the language
- ▶ Don't allow solitary surfing
- ▶ Don't rely solely on technology to protect kids
- ▶ Know your child's passwords, e-mail accounts, profiles, IM screen names, etc
- ▶ Encourage your kids to tell you immediately if they, or someone they know, is being cyberbullied. Explain that you will not take away their computers or cell phones if they confide in you about a problem they are having.



# Children Who Bully Tend To...



- Have more positive attitudes toward violence than peers
- Have quick tempers, are easily frustrated
- Have difficulty conforming to rules
- Be stronger than peers (boys)

Bullying is about ...

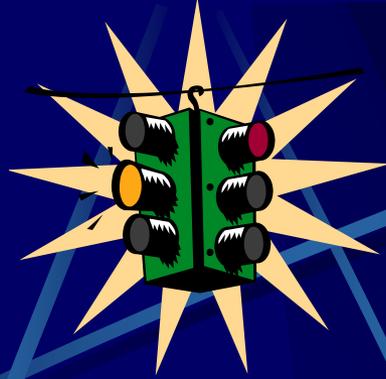
# POWER



FEAR  
+ INTIMIDATION  

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= RESPECT



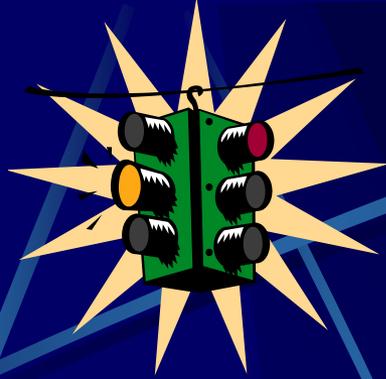
# Warning Signs- If Your Child is Bullying

- Irritable and angry with others
- Believes it is ok to be mean to others to get needs met
- Blames others and takes no responsibility for the problem
- Shows little or no empathy or remorse



The lack of friends  
and social skills  
are two of the most  
significant risk factors  
for students who feel  
victimized.





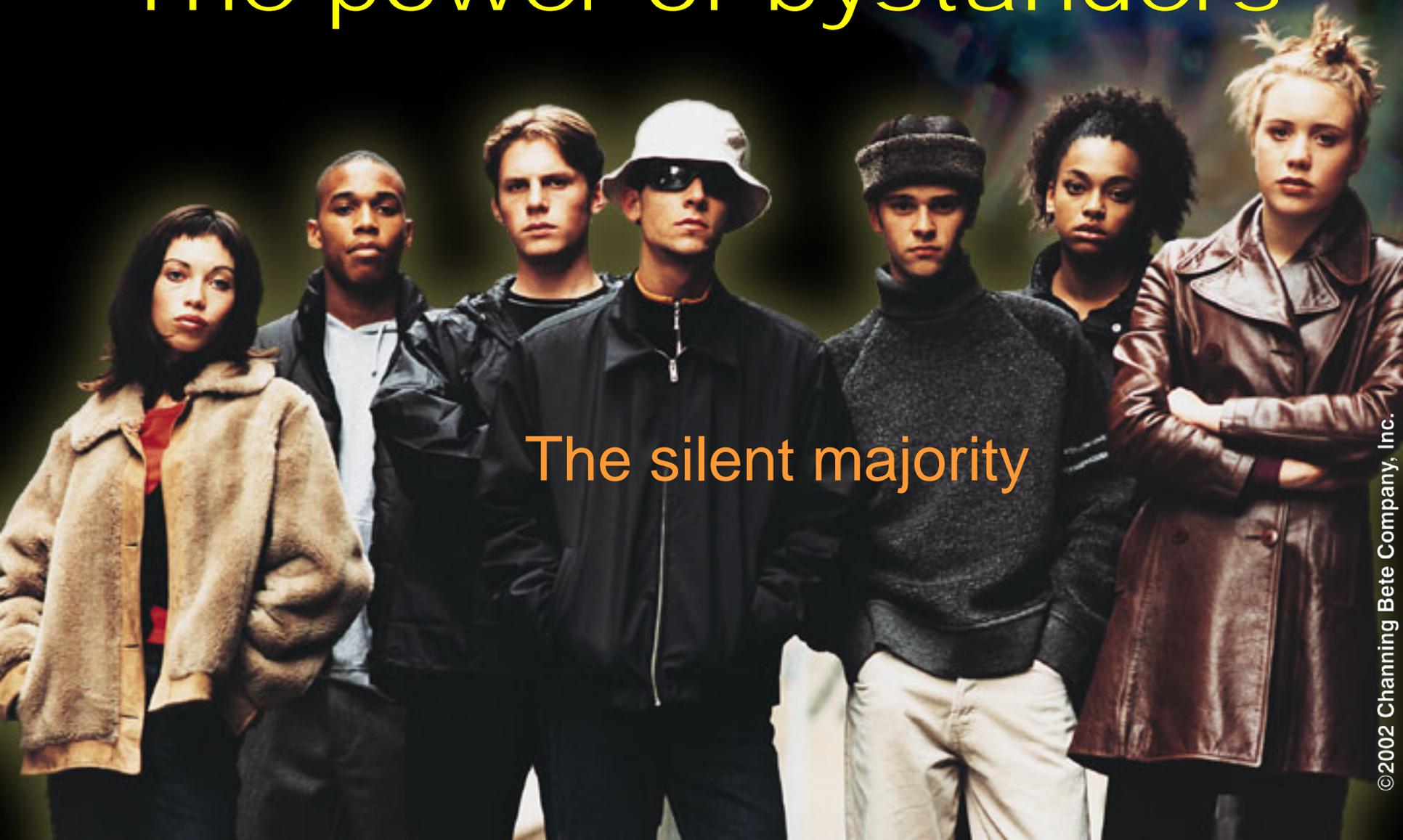
# Warning Signs – If your Child is being Bullied

- Unexplained marks or bruises
- Damaged or missing belongings
- Health complaints
- Avoidance of school
- Drop in attendance and/or grades
- Change in eating habits
- Withdrawal

# What Can Families Do?

- Take the problem seriously
- Listen carefully and check out the facts
- ***Work with the school***
- Resist the tendency to blame yourself
- Avoid blaming the victim
- Consequence your child appropriately if he or she has been found to have bullied.

# The power of bystanders



The silent majority

# Bystanders



- Observe bullying behavior
- Make up the majority of students
- Have the power to prevent bullying

# Ratting, Tattling or Snitching

Done to get someone in trouble

# Reporting

Done to get someone out of trouble

# Responses that Don't Work

- *Just ignore it*
- *Fight back!*



## Student or Adult Intervention

In the majority of bullying episodes in which students or adults intervene, the bullying stops within:

- A. Two minutes
- B. Ninety seconds
- C. One minute
- D. Ten seconds

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# “What If” Scenarios

**Be Prepared and Protect  
Yourself by thinking  
ahead**

# What Can You Do?

Teach and Practice with your Child

- ✓ Not laughing
- ✓ Not ignoring
- ✓ Not encouraging
- ✓ Not taking part
- ✓ Report bullying to a trusted adult. The report can be anonymous.

# Establish Family Philosophy

- **Talk about bullying at HOME and the importance of taking a stand against it!**
- **Ask questions about safety at school**
- **Support school efforts**



# How Do You Report Bullying or Harassment?

- *Report verbally or in writing to the principal or any staff member at your school*
- *Report Online at:*
  - <http://bullying.pcsb.org>
  - <http://harassment.pcsb.org>
- *Call the Campus Crime Stoppers Hotline at 1-800-873-8477 or Text keyword TIP144 plus your message to CRIMES(274637)*
- *Every school has a Safe Team, which is an Investigative and Prevention team for reports of bullying or harassment that not only investigates the reports, but also puts supports in place for all involved.*

The online reporting webpage (Anonymous Alerts) appears like this: There are 16 different languages that parents/guardians and students can choose from

The screenshot shows a web browser window with the URL <https://www.anonymousalerts.com/pinellascs/default.aspx>. The page header features the Pinellas County Schools (PCS) logo and a banner with the vision: "100% student SUCCESS" and mission: "EDUCATE & PREPARE each STUDENT for college, career & life". Below the banner, it says "Report sensitive student issues quickly" with a "Bullying" speech bubble icon.

The main content area is titled "ANONYMOUS ALERTS®" and includes app store availability icons for the App Store and Google Play. A language selection dropdown menu is open, listing 16 languages: English, Spanish, German, French, Portuguese, Italian, Korean, Chinese-Simplified, Chinese-Traditional, Russian, Urdu, Japanese, Nepali, Arabic, Vietnamese, and Creole.

The reporting form includes the following fields:

- Select Submitter Type (checkbox)
- Select School Type (dropdown)
- Select Location (dropdown)
- Victim Name: (text input)
- Accused Name: (text input)
- Victim Grade: (dropdown)
- Accused Grade: (dropdown)
- Priority: (dropdown, currently set to Normal)

The "Report Incident:" section contains a text area with the instruction: "Please describe what happened (Be specific - include date, time, specific location, grade level of the victim(s) and accused and any person(s) involved) and if known, whether either the victim or the accused is an ESE student. If this report is regarding an adult, please specify who and include the above details."

# National Media Campaign

**Take a Stand Lend a Hand,  
Stop Bullying Now!**

<http://www.stopbullying.gov>



# For More Information

Contact the Prevention Office

Joan Reubens @ 588-6348 or

[reubensj@pcsb.org](mailto:reubensj@pcsb.org)

Dorene Daughtry @588-5135 or

[daughtryd@pcsb.org](mailto:daughtryd@pcsb.org)