

BULLYING INFORMATION

BULLYING What is it?

Students can be bullied in different ways, for instance:

1. **Physical bullying** like being pushed, shoved, punched, tripped, spit on; or being made to do things they did not want to do.
2. **Verbal bullying** like being the subject of rumors, taunting; being called names; being threatened; receiving offensive notes or gestures.
3. **Relational bullying** like being excluded from activities on purpose; isolating someone from their peers; purposely ignoring someone; intentionally harming someone's reputation; posting derogatory comments or embarrassing images in a public space or online.
4. Damaging property on purpose, like clothing, books, electronics, and jewelry.

WHERE Where does it take place?

- Students report being bullied at school (hallways, stairwells, classrooms, bathrooms, locker rooms or cafeteria), outside (school grounds), or on the school bus.
- Students may also be cyberbullied, which is bullying that takes place over digital devices like cell phones, computers, and tablets. It can occur through SMS, text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.

What Can I Do?

Help your child understand bullying. Talk about what bullying is and how to stand up to it safely. Ask questions about bullying they may have witnessed, experienced, or heard about. Keep the lines of communication open. Check in with your child often. Listen to them. Know their friends, ask about school, and understand their concerns. Prepare them for what to do if bullying happens to them. Know who to contact at school when bullying happens. It is important to NOT overreact to answers your child may give.



BULLYING

WARNING SIGNS

- Student no longer wants to take the bus home anymore.
- Student might be hungrier than usual due to not wanting to eat.
- Student might complain about being sick; frequent headaches, stomach aches, or not feeling well in general.
- Student's grades decline or they don't want to go to school.
- Student has decreased self-esteem.
- Student shows self-destructive behaviors.
 - Running away from home, self-harming, talking about dying or wanting to die.
- Student is not able to sleep or has nightmares.
- Student begins to isolate themselves at home.
 - Spends more time in their room or alone.
- Student avoids social interactions and might mention "losing" friends.
- Might lose interest in things they enjoyed doing in the past.

Cyber Bullying:

- Increase or decrease in usage of device.
- Visibly emotional when using devices.
 - laughter, anger, upset, throwing device, etc.
- Student might hide the screen or avoid answering questions regarding what they are doing on the device.
 - Might try to argue/fight when asking to look at their device.
- New social media accounts might appear or be taken down.

HELP! What to do if bullying is occurring!

If your child is being bullied or you are concerned about bullying, please contact the school to let us know! You can do so by visiting our school website and filling out the **89 tip line!** You can also reach out to **Mrs. Kot, Ms. Muhammad, and Mrs. Patton** directly.

For more questions or concerns please feel free to reach out.

Kasandra Kot

School Counselor

Phone: (815) 726-6156 X4143 Email: kkot@fsd89.org

