



*Prevent bullying at school.
Do your part.*

**NO BULLIES
ARE
ALLOWED
HERE**



**SCHOOL
RESOURCES**

Bullying Prevention

Bullying affects all youth, including those who are bullied, those who bully others, and those who witness bullying. The effects of bullying may continue into adulthood.

There is not a single profile of a young person involved in bullying. Youth who bully can be either well connected socially and may be bullied by others as well. Similarly, those who are bullied sometimes bully others.

Solutions to bullying are not simple. *Bullying prevention* approaches that show the most promise confront the problem from many angles. They involve the entire school community—students, families, administrators, teachers, and staff in creating a culture of respect. PUENTE uses these best practices.

Bystanders, or those who see bullying, can make a huge difference when they intervene on behalf of someone being bullied. Studies also have shown that adults can help prevent bullying by talking to children about bullying, encouraging them to do what they love, modeling kindness and respect, and seeking help.

Understanding Cyberbullying

Since the onset of COVID-19, students are online more than ever to access distance learning and exploring ways to stay connected with their friends. Unfortunately, the internet can pose dangers, especially for children.

Children are more susceptible to being potential targets because they are spending so much time online. Along with adjusting to learning and interacting with friends virtually, many children may be feeling emotions such as depression or isolation. This challenging time, combined with more time spent online, may increase cyberbullying. We must educate even our young children about the online risks they may encounter and how to avoid and/or report them to ensure their safety online.

Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else, causing embarrassment or humiliation. It is never too early to talk about ways to prevent cyberbullying. Published by Family Online Safety Institute (FOSI), November 2020.

Signs of Cyberbullying

Take a look at these signs to recognize if your child may be experiencing cyberbullying:

- Children no longer want to use their computer, even though they've always enjoyed it before.
- They hide their computer or turn off their monitor screens or use their computer in a place where you can see it.
- They seem anxious and upset when they get a message or email.
- They avoid going on to their Zoom live instruction or appear uneasy about attending.
- They become withdrawn

Online Risks for Youth

These are online risks to review with your child to ensure your child's safety:

- Let them know that they must never share important personal information. Be careful who can access sensitive information such as phone numbers and passwords
- They must not download without your permission or review of the content.

- They must never talk to strangers. Unfortunately there are several cyber predators online that may pretend to be your child's age, so inform your children to only engage online with people that they know.
- Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through text and apps, or online in social media, forums, or games.
- Careful of sites that ask for money or sensitive information.
- Supervise them when they are turning in digital assignments.

Types of Bullying

Statistics show that students ages 12–18 experienced various types of bullying, including:

- Being the subject of rumors or lies (13.4%)
- Being made fun of, called names, or insulted (13.0%)
- Pushed, shoved, tripped, or spit on (5.3%)
- Leaving out/exclusion (5.2%)
- Threatened with harm (3.9%)
- Others tried to make them do things they did not want to do (1.9%)
- Property was destroyed on purpose (1.4%)

Are you being bullied?

There are things you can do to keep yourself and the kids you know safe from bullying.

*Treat Everyone with Respect
Nobody should be mean to others.*

Stop and think before you say or do something that could hurt someone.

If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.

Talk to an adult you trust. They can help you find ways to be nicer to others.

Keep in mind that everyone is different. Not better or worse. Just different.

If you think you have bullied someone in the past, apologize. Everyone feels better.



There are things you can do if you are being bullied:

Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard. If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult or teacher to stop the bullying on the spot. There are things you can do to stay safe in the future, too.

Talk to an adult you trust like your parents or your teachers. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying. Stay away from places where bullying happens. Stay near adults and other kids. Most bullying happens when adults aren't around.



Protect Yourself from Cyberbullying

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.

Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.

Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.

Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.

Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.

Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.

Stand Up for Others...

When you see bullying, there are safe things you can do to make it stop.

- Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.
- Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.
- Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.



Resources

Cyberbullying 101: Remote Learning Edition

An interview with a staff member from the National Bullying Prevention Center about how to recognize cyberbullying and how deal with it – whether your kid is the victim, at fault or the bystander. Published by Parent Map, written by Gemma Alexander, October 2020.

Rise of Cyberbullying Article

This article explore the rise of cyberbullying, the use of technology to bully. Authored by PACER's National Bullying Prevention Center. Published by Family Online Safety Institute (FOSI), December 2019.

UCLA Mental Health Hotline

(310) 319-4248

The Trevor Project

(866) 488-7386

Gateways Hospitals & Homeless

(323) 644-2000

The National Association of Free Clinics

<http://www.freeclinics.us>

American Academy of Child and Adolescent Psychiatry

(202) 966-7300 www.aacap.org

Institute of Mental Health

1-888-ANXIETY

References

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Hutson, E. (2016). Cyberbullying: A concept analysis. *Advances in Nursing Science*, 39, 60-70. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/26836994>