

Bullying Information for Parents/Guardians

Bullying is not tolerated in school, and the district takes all actions necessary to ensure a safe environment for staff, students, and parents.

What is bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting challenges.

In order to be considered bullying, the behavior must be aggressive and include:

An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

Repetition: Bullying behaviors happen more than once or have the potential to happen more than once. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

There are various types of bullying:

Verbal bullying is saying or writing mean things. Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

Warning Signs for Bullying

There are many warning signs that may indicate that someone is affected by bullying—either being bullied or bullying others. Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.

It is important to talk with children who show signs of being bullied or bullying others. These warning signs can also point to other issues or problems, such as depression or substance abuse. Talking to the child can help identify the root of the problem.

Signs a Child Is Being Bullied

Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs.

Some signs that may point to a bullying problem are:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

If you know someone in serious distress or danger, don't ignore the problem. Get help right away.

Signs a Child is Bullying Others

Kids may be bullying others if they:

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worry about their reputation or popularity

Pennsylvania Department of Education Bullying Prevention Consultation Line

1-866-716-0424

The toll-free Bullying Prevention Consultation Line invites individuals experiencing chronic and unresolved bullying to discuss effective strategies and available resources to manage school-based bullying. This resource was developed in collaboration with the Center for Health Promotion and Disease Prevention (CHPDP), and is available at no cost to students, parents/guardians, and school districts across

Pennsylvania. The Bullying Prevention and Consultation Line is 1-866-716-0424. Messages left will be returned during normal business hours Monday through Friday. Please note: this number is not monitored 24 hours a day/seven days a week and should not be used for emergencies.

How to Report an Incident

Students or parents/guardians of students should immediately contact the school for more information about how to report a specific incident if you believe your child has been the target of a bully.

School Contact Information:

Name: _____ Title: _____

Phone: _____

Email: _____

关于欺凌 家长/监护人须知

学校不容忍欺凌行为，学区会采取一切必要措施确保员工、学生和家的安全环境。

什么是欺凌？

欺凌是在学龄儿童中不受欢迎的攻击性行为，它涉及一种真实或感知到的权力不平衡的感觉。随着时间的推移，这样的行为会重复或有可能重复。被欺凌和欺负他人的孩子都可能面临严重而持久的挑战。

被视为欺凌的行为必须是侵略性的，包括：

权力失衡：欺凌的孩子使用他们的权力 - 例如体力，获悉令人尴尬的信息或受欢迎程度 - 来控制或伤害他人。权力失衡可能会随着时间的推移而在不同的情况下发生变化，即使涉及同一人。

重复：欺凌行为发生不止一次或有可能发生不止一次。

欺凌包括诸如威胁、传播谣言、身体或口头攻击某人以及故意将某人排除在群体之外等行为。

欺凌的形式有各种类型：

言语欺凌是说或写卑鄙的事情。言语欺凌包括：

- 戏弄
- 骂人
- 不当的性评论
- 嘲讽
- 有造成伤害的危险

社交欺凌，有时被称为关系欺凌，涉及伤害某人的声誉或关系。社交欺凌包括：

- 故意把人留在外面
- 告诉其他孩子不要和别人做朋友
- 散布关于某人的谣言
- 在公共场合让某人尴尬

身体欺凌涉及伤害一个人的身体或财产。身体欺凌包括：

- 击打/踢/捏
- 吐痰
- 绊倒/推
- 拿走或破坏别人的东西
- 做出刻薄或粗鲁的手势

欺凌的警告信号

有许多警告信号可能表明某人受到欺凌的影响 – 要么被欺凌，要么欺负他人。识别警告信号是采取行动打击欺凌的重要的第一步。并非所有被欺凌或欺负他人的孩子都会寻求帮助。

与表现出被欺凌或欺负他人迹象的孩子进行交谈这一点很重要。这些警告信号也可能指向其他问题或问题，例如抑郁症或药物滥用。与孩子交谈可以帮助确定问题的根源。

孩子被欺凌的迹象

留心孩子的变化。但是，请注意，并非所有被欺凌的儿童都会表现出警告信号。

一些可能指向欺凌问题的迹象是：

- 无法解释的伤口
- 丢失或毁坏的衣服、书籍、电子产品或珠宝
- 经常头痛或胃痛，感觉恶心或假装生病
- 饮食习惯的改变，如突然不吃饭或暴饮暴食。孩子们可能会饿着肚子从学校回家，因为他们没有吃午饭。
- 很难入睡或经常做噩梦
- 成绩下降、对功课失去兴趣或不想上学
- 突然失去朋友或躲开社交场合
- 无助感或自尊心下降
- 自我破坏行为，如离家出走、伤害自己或谈论自杀

如果您认识处于严重困境或危险中的人，请不要忽视这个问题。立即获得帮助。

孩子欺负他人的迹象

如果孩子有以下情况，他们可能会欺负他人：

- 有身体上的打架或言语上的争吵
- 有欺负别人的朋友
- 越来越咄咄逼人
- 经常被送到校长办公室或拘留所
- 有无法解释的额外资金或新物品
- 把问题归咎于别人
- 不肯为自己的行为承担责任
- 有竞争力，担心自己的声誉或受欢迎程度

宾夕法尼亚州教育部欺凌预防咨询热线

1-866-716-0424

免费预防欺凌咨询热线邀请经历长期且未解决欺凌的个人讨论管理学校欺凌现象的有效策略和可用资源。该资源是与健康促进和疾病预防控制中心（CHPDP）合作开发的，可供宾夕法尼亚州的学生，家长/监护人和学区免费使用。预防欺凌和咨询热线是 1-866-716-0424。如留下消息则将在周一至周五的正常工作时间内答复。请注意：此号码不会每周 7 天，每天 24 小时受到监控，且不应用于紧急情况。

如何报告事件

如果您认为您的孩子成为欺凌的目标，学生或学生的父母/监护人应立即与学校联系，以获取有关如何报告特定事件的更多信息。

学校联系信息：

姓名： _____ 头衔： _____

电话： _____

电子邮件： _____