

Bullying and School

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Today, participants will...

- 1.) Define bullying.
- 2.) Identify 5 types of bullying and their functions.
- 3.) Review signs of bullying in students.
- 4.) Discuss the impact bullying may have on students.
- 5.) Learn the role and responsibility of the school for addressing bullying.
- 6.) Learn what parents can do if their child is being bullied at school.

Define Bullying: **What is it?**

The *Maryland Student Records System Manual* defines bullying as “intentional negative actions on the part of one or more students, repeatedly and over time, that interfere with a student’s ability to participate in or benefit from the school’s education programs.”¹¹

Bullying happens when an individual or a group of people (**perceive themselves as having more power**) repeatedly and intentionally cause harm to another person or group of people (**the bully believes is**) helpless to respond or defend.

Types of Bullying: **Physical**

- Tripping
- Kicking
- Hitting
- Pinching
- Pushing
- Damaging or destroying property



Types of Bullying: **Social**

- Mimicking
- Spreading false rumors
- Playing jokes to humiliate
- Negative facial expressions
- Negative physical gestures
- Excluding



Types of Bullying: Sexual

- Unwanted jokes or comments about body parts.
- Grabbing or pretending to grab private body parts.
- Teasing someone about their private body parts.
- Passing notes or pictures about someone's private body parts.



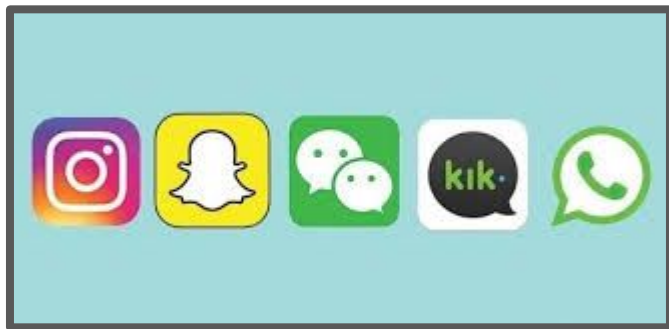
Types of Bullying: Verbal

- Teasing
- Insults
- Inappropriate remarks
- Name calling
- Intimidation/Making threats



Types of Bullying: **Cyber or Internet**

- Any form of bullying that takes place online or a mobile device.



<https://yourteenmag.com>



The Signs: **The bully**

- Appear envious/jealous of other students.
- Frequently makes fun of others, or is the class clown.
- Often displays a mean, arrogant, or rude demeanor.
- Frequently calls other students names.
- Frequently play mean pranks, or spread cruel, hurtful rumors.
- Frequently use put-downs.
- Frequently take others belongings.

The Signs: **The bullied**

- Changes in sleeping and eating.
- Changes in mood and normal behavior patterns.
- Refusing to talk about what is wrong.
- Unexplained bruises.
- Missing or damaged belongings.
- Doesn't want to go to school or avoid places in school.
- Decrease in grades.
- Often alone or excluded from others at school.
- Frequent target for teasing at school.
- Isolation.

The Impact: **What is it?**

- **Academic:** decreased concentration and interest in school, Increase in absences.
- **Medical:** headaches, vomiting, stomach aches, hyperventilation, chest pains.
- **Psychological:** low self-esteem, depression, anxiety, self-harm, suicide, etc.
- **Behavioral:** bully others, shoplifting, vandalism, drug use, gang participation.

Schools: **What is the school's role?**

- **Climate Control:** academic engagement, school belonging, teacher awareness/attitude.
- **Interventions and Prevention:** counseling services, peer mediation, restorative justice, community circles, groups and clubs, school-wide programs, town-hall meetings.
- **Discipline and Consequences:** meeting with principals, report and investigation, suspension or expulsion, legal action.

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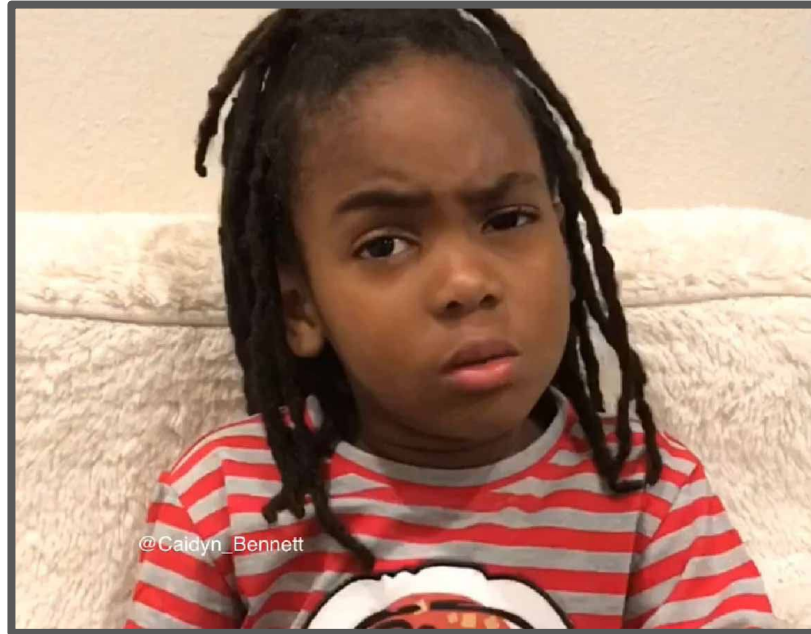
The *National Association of School Psychologists* reports that “25 percent of teachers see nothing wrong with bullying or put-downs, and consequently intervene in only 4 percent of bullying incidents.”⁹

marylandpublicschools.org

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<https://youtu.be/GTksIBM08B8>



Caidyn Bennett - “No Bullying Policy”

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Parents: What you can do to help!

- Talk with your child. Encourage them to report the issue to the School Counselor or Principal.
- Contact the school immediately. Share details and request to activate a bullying investigation.
- Request to meet with the Principal, School Counselor, and Teachers to create a safety plan for your child.
- Connect a with other parents.
- Monitor/activate parental controls on your child's social media and mobile devices.
- **Escalate:** Maryland State Department of Education (MSDE) and/or Law Enforcement.
- Professional Mental Health Services.
- Continue to be supportive and encourage your child.

Contact: **Maryland State Department of Education**

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Maryland State Department of Education

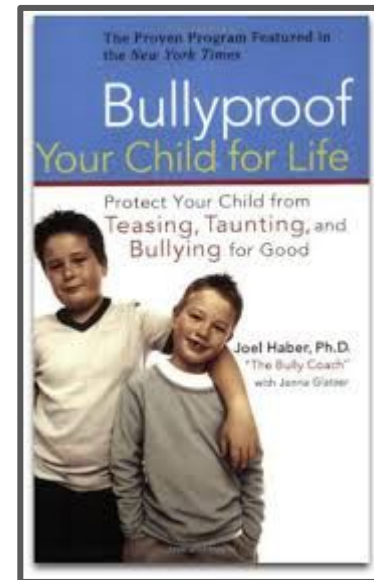
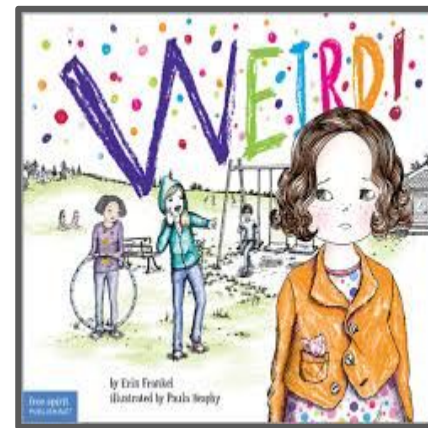
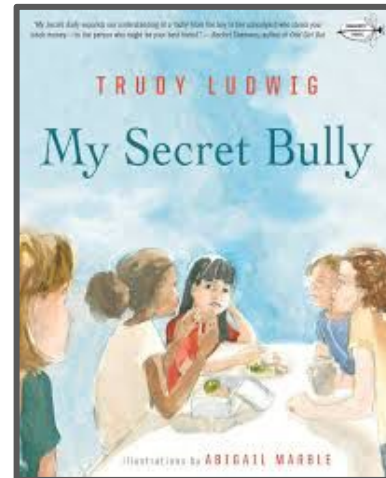
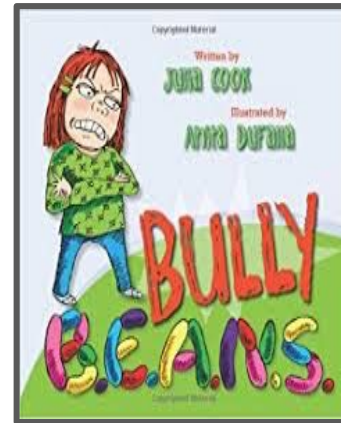
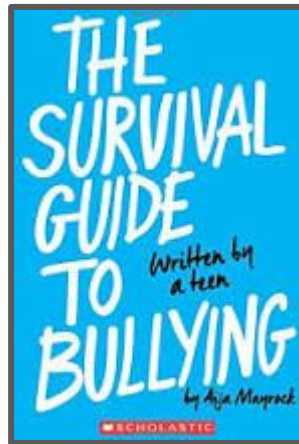
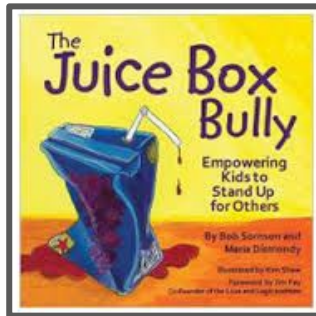
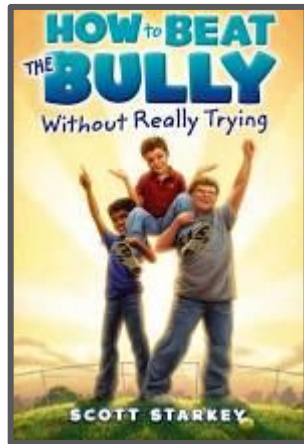
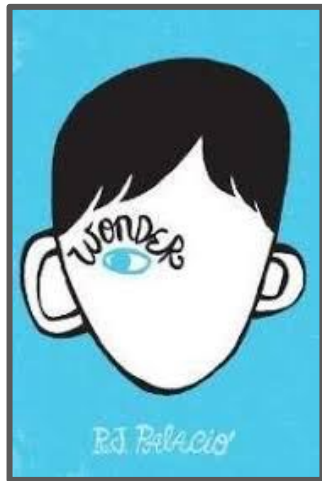
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Resources: Books



Resources: Websites

<https://www.cybersmile.org/advice-help/category/who-to-call>

[Bullying-prevention](#)

<https://www.pacer.org/bullying/>

<https://www.stopbullying.gov/prevention/at-school/index.html>

<https://www.edutopia.org/topic/bullying-prevention>

<https://www.facebook.com/safety/bullying>

Thank you.