

October is National **BULLYING** Prevention Month

What is bullying? It is only bullying if:

- ☐ The issue has happened over and over again
- ☐ The same people/person are involved
- ☐ What happened was on purpose

What can my child do if he/she is being bullied?

An expert that was brought in a couple of years ago showed the students how ignoring is the best option if they are being bullied. The more a victim responds to a bully, the more fuel they give him/her. Watch this video:

<https://www.youtube.com/watch?v=7oKjWlOljuw>

COMMUNICATION is key with your child. Make sure he/she knows he/she can come to you if they are being bullied. They must feel comfortable going to a trusted adult to let someone know it's going on. They have a lot of people here, teachers, principal, and office staff, willing to listen. If it's not known something is going on, nothing can be done to help fix it.

Cyberbullying:

Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person.

PLEASE take the time to check out this website and video to learn more about Cyberbullying and why it can be *considered worse than traditional bullying*. :

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

Kids Health Gives these **Tips for Looking for Signs of Bullying:**

- being emotionally upset during or after using the Internet or the phone
- being very secretive or protective of one's digital life
- withdrawal from family members, friends, and activities
- avoiding school or group gatherings
- slipping grades and "acting out" in anger at home
- changes in mood, behavior, sleep, or appetite
- wanting to stop using the computer or cellphone
- being nervous or jumpy when getting an instant message, text, or email
- avoiding discussions about computer or cellphone activities

Tips for Stopping Cyberbullying:

<https://www.parents.com/kids/problems/bullying/18-tips-to-stop-cyberbullying/>

The same goes for when a child is cyberbullied; ignore it! It will just fuel the fire and make the situation worse. It's a good idea to save all of the messages by printing them or take a screenshot.

Watch this Video!!

Please take the time to view it. Then, take the time to **TALK** to your child about what harm bullying/cyberbullying can do.

https://www.huffingtonpost.com/entry/cyberbullying-video-luke-culhane_us_56b9d9f6e4b08069c7a8ab74

Additional Resources:

Online Safety Checklist:

https://cdn2.hubspot.net/hubfs/2336109/Marketing/Campaigns/2018/US309-Safer-Internet-Day/US309_OnlineSafetyChecklist_2018.pdf

Cyberbullying Prevention Guide for Parents:

<https://support.learning.com/parent-resources/cyberbullying-prevention-guide-parents-english/?hsCtaTracking=41d12512-c852-4f9e-9eda-dfa9522cd588%7Cd6f3f4e4-e2db-46ee-9bd3-b16531d07f90>