



November 2022

Dear families,

The school year is now in full swing and we hope it is a great year so far! October was national bullying prevention month. More than 1 out of every 5 students report being bullied. Everyone can do something to help prevent bullying; and we all have an important role. We want to share some resources with you so we can all do our part to prevent this devastating issue.

### ***Is it Bullying?:***

*In 2014, the Centers for Disease Control and Department of Education released the first federal [definition of bullying](#). The definition includes three core elements:*

- *unwanted aggressive behavior*
- *observed or perceived power imbalance*
- *repetition or high likelihood of repetition of bullying behaviors*

*This definition helps determine whether an incident is bullying or [another type of aggressive behavior](#) or both.*

### ***How To Talk To Your Child About Bullying:***

- Ask open-ended questions and have thoughtful talks with your child daily.
- Don't wait for bullying to happen before talking about it.
- Use your experience to have them talk about theirs.

- Talk about bullying in a general way as if it is a subject you want to know more about.
- Stay calm and provide validation when your child shares. Show that you are listening and that you trust them.
- Determine if you need to talk to the school about it. (Is there a power imbalance?)

### ***What Else Can I Do?:***

Below are some ways to play your part to stop bullying according to StopBullying.org:

- Recognize the [warning signs](#) that your child is involved in bullying. They could be being bullied, bullying others, or witnessing bullying.
- Understanding what bullying is is the first step in forming a plan to prevent or respond to bullying with your child. Many behaviors that look like bullying may be just as serious, but may require different response strategies. You can also learn about:
  - The [frequency of bullying](#);
  - Who is at [risk for being bullied](#) and [bullying others](#); and
  - The [effects of bullying](#)
- [Cyberbullying](#) often requires different strategies than in-person bullying. Learn how to work with your kids to prevent [cyberbullying](#) and [how to respond](#) when it occurs.
- If you know or suspect bullying has occurred, learn how to [find out what has happened](#) with your child. Understanding what has happened can also help in communicating with school or community officials about the situation.
- If bullying is occurring at school, learn about what your state requires schools to do in your [state's anti-bullying law](#). Learn also about [federal laws](#) that require schools to address harassment based on race, color, national origin, sex, and



disabilities and ways to report situations that have not been adequately addressed to the U.S. Departments of Education and Justice.

### ***Prevention Including:***

- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- Model how to treat others with kindness and respect.

### ***Resources:***

***Reference [this link](#) to find more external resources for families, educators, and mental health professionals***

We are here to help answer questions,

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