

Signs to look for

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

For the most up to date school information, be sure to **download the Jefferson Parish Schools App** from your iTunes or Google Play

Always remember to update your child's school with current contact information. You may do this either in person or through your JCampus Parent Portal.

Types of Bullying

Social Relational

Physical

Verbal

Cyberbullying

Do you know a bully or a person who is being bullied?

Your child's school has a designated area to report bullying. Students will remain safe and anonymous. For more information, contact your child's school.

CRIMESTOPPERS SAFE SCHOOL HOTLINE WITH A TIP

We operate 24 hours a day, 7 days a week. Spanish Speaking Interpreters are available.

- **CALL:** (504) 822-1111 or 1 (877) 903-STOP
- **TEXT an anonymous tip to:** TYPE in **TELL CS**, then your information to **274637 (CRIMES)**
- **DOWNLOAD:** our FREE MOBILE APP **TIP SUBMIT**
- **Email:** an anonymous tip on the Crimestoppers web site: www.crimestoppersgno.org



Parent's Guide to

BULLYING PREVENTION

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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. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Children at risk of being bullied

Generally, children who are bullied have one or more of the following risk factors:

- Are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider "cool"
- Are perceived as weak or unable to defend themselves
- Are depressed, anxious, or have low self esteem
- Are less popular than others and have few friends
- Do not get along well with others, seen as annoying or provoking, or antagonize others for attention

However, even if a child has these risk factors, it doesn't mean that they will be bullied.

Children more likely to bully others

There are two types of kids who are more likely to bully others:

- Some are well-connected to their peers, have social power, are overly concerned about their popularity, and like to dominate or be in charge of others.
- Others are more isolated from their peers and may be depressed or anxious, have low self esteem, be less involved in school, be easily pressured by peers, or not identify with the emotions or feelings of others.

Children who have these factors are also more likely to bully others;

- Are aggressive or easily frustrated
- Have less parental involvement or having issues at home
- Think badly of others
- Have difficulty following rules
- View violence in a positive way
- Have friends who bully others

Remember, those who bully others do not need to be stronger or bigger than those they bully.

The power imbalance can come from a number of sources—popularity, strength, cognitive ability—and children who bully may have more than one of these characteristics.

What can you do for your child?

- Recognize the warning signs that your child is involved in bullying. They could be being bullied, bullying others, or witnessing bullying. Although these signs could signal other issues, you should talk to your child if they display any sort of behavioral or emotional changes. Many times kids won't ask for help, so it is important to know what to look for. If your child is at immediate risk of harming himself or others, get help right away.
- Learn what bullying is and what it is not. 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.
- 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.



STOP
BULLYING