



ANTI-BULLYING FAQS

BULLYING AWARENESS MONTH

OCTOBER



INFORMATION COLLECTED AT
STOMPOUTBULLYING.ORG

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.

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.

WHY DON'T KIDS ASK FOR HELP?

STATISTICS FROM THE 2012 INDICATORS OF SCHOOL CRIME PDF SHOW THAT AN ADULT WAS NOTIFIED IN LESS THAN HALF (40%) OF BULLYING INCIDENTS. KIDS DON'T TELL ADULTS FOR MANY REASONS

BULLYING CAN MAKE A CHILD FEEL HELPLESS. KIDS MAY WANT TO HANDLE IT ON THEIR OWN TO FEEL IN CONTROL AGAIN. THEY MAY FEAR BEING SEEN AS WEAK OR A TATTLETALE.

KIDS MAY FEAR BACKLASH FROM THE KID WHO BULLIED THEM

BULLYING CAN BE A HUMILIATING EXPERIENCE. KIDS MAY NOT WANT ADULTS TO KNOW WHAT IS BEING SAID ABOUT THEM, WHETHER TRUE OR FALSE. THEY MAY ALSO FEAR THAT ADULTS WILL JUDGE THEM OR PUNISH THEM FOR BEING WEAK

KIDS WHO ARE BULLIED MAY ALREADY FEEL SOCIALLY ISOLATED. THEY MAY FEEL LIKE NO ONE CARES OR COULD UNDERSTAND.

KIDS MAY FEAR BEING REJECTED BY THEIR PEERS. FRIENDS CAN HELP PROTECT KIDS FROM BULLYING, AND KIDS CAN FEAR LOSING THIS SUPPORT

WARNING SIGNS



SIGNS A CHILD IS BEING BULLIED:

- SOME SIGNS THAT MAY POINT TO A BULLYING PROBLEM
- UNEXPLAINABLE INJURIES
- LOST OR DESTROYED CLOTHING, BOOKS, ELECTRONICS, OR JEWELRY
- FREQUENT HEADACHE OR STOMACHACHE
- FEELING SICK OR FAKING ILLNESS
- FEELINGS OF HELPLESSNESS OR LOWERED SELF ESTEEM
- SELF-DESTRUCTIVE BEHAVIORS SUCH AS RUNNING AWAY FROM HOME, HARMING THEMSELVES, OR TALKING ABOUT SUICIDE
- SUDDEN LOSS OF FRIENDS OR AVOIDANCE OF SOCIAL SITUATIONS
- CHANGES IN EATING HABITS
- DIFFICULTY SLEEPING OR FREQUENT NIGHTMARES
- DECLINING GRADES, LOSS OF INTEREST IN SCHOOL/SCHOOLWORK



SIGNS A CHILD IS BULLYING OTHERS:

- GET INTO PHYSICAL OR VERBAL FIGHTS
- HAVE FRIENDS WHO BULLY OTHERS
- ARE INCREASINGLY AGGRESSIVE
- GET SENT TO THE PRINCIPAL'S OFFICE OR DETENTION OFTEN
- 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

IMPORTANCE OF NOT LABELING KIDS



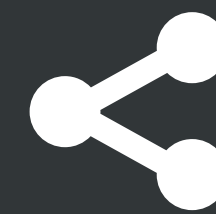
WHEN REFERRING TO A BULLYING SITUATION, IT IS EASY TO CALL THE KIDS WHO BULLY OTHERS "BULLIES" AND THOSE WHO ARE TARGETED "VICTIMS," BUT THIS MAY HAVE UNINTENDED CONSEQUENCES. WHEN CHILDREN ARE LABELED AS "BULLIES" OR "VICTIMS" IT MAY:

- SEND THE MESSAGE THAT THE CHILD'S BEHAVIOR CANNOT CHANGE
- FAIL TO RECOGNIZE THE MULTIPLE ROLES CHILDREN MIGHT PLAY IN DIFFERENT BULLYING SITUATIONS
- DISREGARD OTHER FACTORS CONTRIBUTING TO THE BEHAVIOR SUCH AS PEER INFLUENCE OR SCHOOL CLIMATE

INSTEAD OF LABELING THE CHILDREN INVOLVED, FOCUS ON THE BEHAVIOR. FOR INSTANCE:

- INSTEAD OF CALLING A CHILD A "BULLY," REFER TO THEM AS "THE CHILD WHO BULLIED."
- INSTEAD OF CALLING A CHILD A "VICTIM," REFER TO THEM AS "THE CHILD WHO WAS BULLIED."
- INSTEAD OF CALLING A CHILD A "BULLY/VICTIM," REFER TO THEM AS "THE CHILD WHO WAS BOTH BULLIED AND BULLIED OTHERS"

REPORT BULLYING ONLINE



SAN DIEGO UNIFIED IS COMMITTED TO PROVIDING A SAFE, COMFORTABLE LEARNING ENVIRONMENT FOR ALL STUDENTS. BULLYING INCIDENTS CAN BE REPORTED DIRECTLY TO A TRUSTED STAFF MEMBER AT YOUR SCHOOL. THIS ONLINE FORM MAY ALSO BE USED BY SAN DIEGO UNIFIED STUDENTS TO REPORT BEING BULLIED OR BY SOMEONE WITNESSING A STUDENT BEING BULLIED.



[HTTPS://WWW.SANDIEGOUNIFIED.ORG/FORMS/ONLINE-BULLYING-REPORTING-FORM](https://www.sandiegounified.org/forms/online-bullying-reporting-form)

IN ITS COMMITMENT TO PROVIDING ALL STUDENTS AND STAFF WITH A SAFE LEARNING ENVIRONMENT WHERE EVERYONE IS TREATED WITH RESPECT AND NO ONE IS PHYSICALLY OR EMOTIONALLY HARMED, THE BOARD OF EDUCATION WILL NOT TOLERATE ANY STUDENT OR STAFF MEMBER BEING BULLIED (INCLUDING CYBER-BULLYING) OR INTIMIDATED IN ANY FORM AT SCHOOL OR SCHOOL-RELATED EVENTS, (INCLUDING OFF-CAMPUS EVENTS, SCHOOL-SPONSORED ACTIVITIES, SCHOOL BUSES, ANY EVENT RELATED TO SCHOOL BUSINESS), OR OUTSIDE OF SCHOOL HOURS WITH THE INTENTION TO BE CARRIED OUT DURING ANY OF THE ABOVE.

SUCH ACTS INCLUDE THOSE THAT ARE REASONABLY PERCEIVED AS BEING MOTIVATED EITHER BY AN ACTUAL OR PERCEIVED ATTRIBUTE THAT INCLUDES BUT IS NOT LIMITED TO RACE, RELIGION, CREED, COLOR, MARITAL STATUS, PARENTAL STATUS, VETERAN STATUS, SEX, SEXUAL ORIENTATION, GENDER EXPRESSION OR IDENTITY, ANCESTRY, NATIONAL ORIGIN, ETHNIC GROUP IDENTIFICATION, AGE, MENTAL OR PHYSICAL DISABILITY OR ANY OTHER DISTINGUISHING CHARACTERISTIC.

THE DISTRICT FURTHER PROHIBITS THE INCITING, AIDING, COERCING OR DIRECTING OF OTHERS TO COMMIT ACTS OF BULLYING OR CYBER-BULLYING, HARASSMENT OR INTIMIDATION. ANY STAFF MEMBER THAT OBSERVES, OVERHEARS OR OTHERWISE WITNESSES BULLYING (INCLUDING CYBER-BULLYING), HARASSMENT, OR INTIMIDATION, OR TO WHOM SUCH ACTIONS HAVE BEEN REPORTED MUST TAKE PROMPT AND APPROPRIATE ACTION TO STOP THE BEHAVIOR AND TO PREVENT ITS RE-OCCURRENCE AS DETAILED IN THE APPLICABLE ADMINISTRATIVE PROCEDURE. STUDENTS WHO OBSERVE, OVERHEAR, OR OTHERWISE WITNESS SUCH ACTIONS MUST, AND PARENTS/DISTRICT VISITORS ARE ENCOURAGED TO REPORT THE BEHAVIORS TO A STAFF MEMBER. AT EACH SCHOOL, THE PRINCIPAL OR PRINCIPAL'S DESIGNEE IS RESPONSIBLE FOR RECEIVING AND PROMPTLY INVESTIGATING COMPLAINTS ALLEGING VIOLATIONS OF THIS POLICY. ANY FORM OF RETALIATION IN RESPONSE TO A REPORT OF SUCH ACTS IS PROHIBITED.

RESOURCES

LOCAL & NATIONAL RESOURCES:



STOPBULLYING.GOV



STOPBULLYINGNOW.COM



**CALIFORNIA DEPARTMENT OF EDUCATION
CDE.CA.GOV/LS/SS/SE/DOCUMENTS/BULLYINGATSCHOOL.PDF**

SAN DIEGO UNIFIED RESOURCES:



YOUTHADVOCACY.US



CULTURALAWARENESSCENTER.WEEBLY.COM

ACTIVITIES, CHALLENGES, & PROGRAMMING



STOMPABOUTBULLYING.ORG

a thousand voices. a single dream. unified.

YOUTHADVOCACY

INTEGRATED YOUTH SERVICES

YOUTH ADVOCACY DEPARTMENT,
SAN DIEGO UNIFIED SCHOOL DISTRICT
4100 NORMAL STREET,
SAN DIEGO, CA 92115

CANDICE FEE CFEE2@SANDI.NET
MICK RABIN MRABIN@SANDI.NET
SOPHIA ARREDONDO SARREDONDO@SANDI.NET