

**Bullying affects everyone.**

**Kids who are bullied.**

**Kids who bully.**

**Kids who see bullying.**

# WARNING SIGNS OF A BULLIED CHILD



# ECISD CARES

According to American Society for the Prevention of Cruelty to Children (ASPCA), an estimated **160,000** students fear attending school due to bullying and reportedly, **6 out of 10** students in the U.S. witness bullying at least once a day.

## WHAT CAN PARENTS DO?

- Communicate with your child. Don't ignore it or assume it will pass.
- Contact the school immediately.
- Empathize with your son or daughter. Give them words of advice and encourage them to solve the situation peacefully.
- Don't teach your child to fight back. Fighting doesn't solve the problem, it just creates more bullies.
- If the problem persists, contact law enforcement.

- Unexplained bruises or injuries.
- Fear of going to school.
- Declining school performance.
- Appears sad, angry or depressed.
- Frequent or faking illnesses.
- Withdrawn from school activities.
- Suicidal thoughts or behaviors.

**SEEK A COUNSELOR OR TEACHER**

**82nd Texas Legislature-House Bill 1942**

**Texas Education Code**

**Sec.37.0832 Definition of Bullying**

**Sec. 25.0342 Transfer of students who are victims of or have engaged in bullying .**

### RESOURCES

1. *What You Can Do.* (n.d.). Retrieved 05 29, 2012, from StopBullying: <http://www.stopbullying.gov/>
2. Hoover, J. H., & Oliver, R. L. (1996). *The Bullying Prevention Handbook.* Bloomington: Solution Tree.

**Edinburg C.I.S.D. 956-289-2300**

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help create a  
*bully & gang*  
**FREE**  
environment

# STAND UP



# BULLYING

# WHAT IS BULLYING?

Bullying occurs when a student is exposed repeatedly and over time to negative actions on the part of one or more students.<sup>2</sup>

## TYPES OF BULLYING

### Verbal

Saying or writing offensive comments such as name-calling, teasing, taunting, or threatening to cause harm.

### Physical

Causing physical pain to a person's body. Examples are hitting, kicking, pinching, tripping and pushing.

### Social

Hurting someone's reputation or relationships amongst peers. Examples are leaving someone out on purpose, telling other students not to be friends with someone, spreading rumors and publicly embarrassing someone.

### Sexual

Prejudice behavior in any form (verbal, physical, or social) against gay, lesbian, bisexual, transgender or questioning.<sup>2</sup>

### Cyberbullying

Information and communication technologies (i.e. cell phone, e-mail, instant message, and social networking websites) used in a repeated and hostile behavior by an individual or group.<sup>2</sup>

# PROTECT YOURSELF FROM CYBERBULLYING

- Always think about what you post. You never know what someone will forward.<sup>1</sup>
- Don't share your password.<sup>1</sup>
- Set your privacy settings so you can have control over who sees what.<sup>1</sup>
- Let your parents know you have a social networking account. Tell them what you're doing online and who you are socializing with.<sup>1</sup>
- Confide in an adult about messages or comments you see that make you feel sad or scared.<sup>1</sup>
- Report bullying/cyberbullying immediately!

## WHAT TO DO IF YOU ARE BULLIED.

- Look at the harasser and tell him or her to stop in a calm tone of voice.<sup>1</sup>
- If speaking up feels too difficult or not safe, walk away and keep away from the harasser. Don't fight back and immediately look for an adult to stop the bullying on the spot.<sup>1</sup>
- Seek out an adult you trust to talk to. Telling someone is not *snitching* or *tattling*. They can help you come up with a plan to stop the bullying.<sup>1</sup>
- Stay away from places where bullying happens. Stay near adults and other kids. Most bullying happens when adults aren't around.<sup>1</sup>

# IF YOU WITNESS BULLYING...

- **TAKE A STAND.** Don't just ignore it, intervene immediately and tell the bully to stop.
- **DON'T CONTRIBUTE.** If someone is being bullied, don't support the bully's actions in any sort of manner.
- **STOP THE RUMORS.** Don't pass on a rumor, let the rumor end with you.
- **TELL AN ADULT.** Reach out to an adult you trust. They will help you stop the person from being bullied.
- **BE A FRIEND.** Listen and encourage them to inform an adult about what is going on. Let them know that they are not alone.



if you are a bully  
**STOP IT**