



Bullying and Cyberbullying

A Guide for Parents

LISD prohibits bullying as outlined in local board policy (FFI).

"Bullying occurs when a student or group of students engages in written or verbal expression, expression through electronic means, or physical conduct that occurs on school property, at a school-sponsored or school-related event, or in a vehicle operated by the district and that:

1. Has the effect or will have the effect of physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm to the student's person or of damage to the student's property; or
2. Is sufficiently severe, persistent, and pervasive enough that the action or threat creates an intimidating, threatening, or abusive educational environment for a student.

This conduct is considered bullying if it:

1. Exploits an **imbalance of power** between the student perpetrator and the student victim through written or verbal expression or physical conduct; and
2. Interferes with a student's education or substantially disrupts the operation of a school.

Bullying is a widespread and serious problem that can happen anywhere. It is not a phase children have to go through, it is not "just messing around", and it is not something to grow out of. Bullying can cause serious and lasting harm.

Although definitions of bullying vary, most agree that bullying involves:

- Imbalance of Power: people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves
- Intent to Cause Harm: actions done by accident are not bullying; the person bullying has a goal to cause harm
- Repetition: incidents of bullying happen to the same the person over and over by the same person or group

METHODS: PHYSICAL, VERBAL, EMOTIONAL, RELATIONAL/SOCIAL, CYBERBULLYING

Support

Warning Signs

- Lost or destroyed clothing, books, electronics or jewelry
- Unexplainable injuries
- Frequent headaches or stomach aches faking an illness
- Difficulty sleeping, frequent nightmares
- Declining grades, loss of interest in school work
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased in self esteem
- Self-destructive behaviors

Offer Help

- Listen and focus on what your child is saying.
- Assure your child that bullying is NOT their fault.
- Work together to make a plan about what to do.
- Ask your child what can be done to make him or her feel safe.
- Involve your child's school for support. (Remember that law prevents schools from discussing discipline, consequences or services given to other students.)
- Stay involved! Know your child's friends, activities, social media and phone!

In addition to Campus personnel:

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469-948-8680

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LISD CHOICES Counselor

469-948-8680

Resources

www.lisd.net

www.stopbullying.gov

http://kidshealth.org/teen/your_mind/problems/bullies.html

<http://ncpc.org/cyberbullying>

www.stopbullyingnow.hrsa.gov/index.asp?area=main

<http://www.capitol.state.tx.us/>

<http://internetsafety101.org/cyberbullying.htm>

LISD Guidance and Counseling

Personal Wellness.

Empowered Students. Promising Futures.