

Bullying

March, 8 2021

What is bullying?

A repeated behavior that hurts, humiliates, or harms a vulnerable person physically or emotionally.



Types of Bullying

- Verbal - Calling names, making threats, or teasing
- Social - Leaving someone out or gossiping



THINK



Before You Send!

October is Bullying Awareness Month

Woodburn Press - www.woodburnpress.com

Types of bullying

- Physical - Pushing, shoving, or hitting
- Cyber - Verbal aggression or spreading of private information over electronic communication

What does cyber-bullying look like? Is it different from "traditional" bullying, and if so, how?

Effects of Bullying



- loss of self-esteem
- increased anxiety
- depression
- nightmares

What are other negative effects of bullying?

What can you do?

- Think before you speak and act.
- Respect everyone. Be kind to kids being bullied; show them that you care by trying to include them.
- Everyone is different: not better or worse, just different.



What can you do?

- Apologize when you hurt someone.
- Talk to an adult you trust when you see that someone is being bullied, they can help.

What other things can you do to prevent bullying?



Taking Action

The background of the slide is a photograph of a school of goldfish in an aquarium. The fish are various shades of orange and white, swimming in clear water. The lighting is warm, creating a soft, golden glow. The fish are scattered throughout the frame, with some in the foreground and others in the background, creating a sense of depth and movement.

- If we do not respond in any manner, the bullying will continue and situations that children are experiencing will become worse.
- Adult intervention and support is required when dealing with bullying.
- The support that you provide to children in these situations will give children confidence, assist them in developing feelings of empathy and ultimately help to eliminate bullying.
- <https://connectability.ca/2010/09/23/de-escalating-bullying-in-the-moment/>

Taking Action

Empower the child who is being bullied by acknowledging and affirming what happened. For example " Angel hurt your feelings. I am sorry that it happened. It is not your fault. You have a right to feel safe here."

Some strategies to help:

- Stay calm and confident.
- Do not argue, as this will make it worse.
- Teach your child to tell the bully to stop- "Stop it, bullying is not cool."
- Ignore the bully and walk away
- Find an adult to help
- Help your child to be a friend to someone who is being bullied.

- <https://connectability.ca/2010/09/23/de-escalating-bullying-in-the-moment/>

Cyberbullying is not tolerated at Esperanza Cyber Charter School.

Students can be suspended from attending the Learning Center/School activities

Required Parent/Student meeting with administration

Written letter of apology


An assigned project on bullying and its effects on students

Repeated incidents can result in suspension or expulsion from ECCS

Who can help at school?

1. Teachers
2. School Counselors
3. Administration -Director of Instruction, Director of Student Development
4. Student Support Specialists (in the Learning Center)
5. All School Employees

Think Before You Post



Once it's
online, it's
there forever.
Be smart. Be
kind. Be
careful.

Any Questions?



Thank you for coming tonight!