

Resources

- www.pbis.org/school/bully-prevention
- www.stopbullying.gov
- www.nobullying.com
- <http://www.stpsb.org/DisciplineHandbook/>
- <http://www.stpsb.org/DisciplineHandbook.htm>

Project Be There

Stand Up

and

Stand By

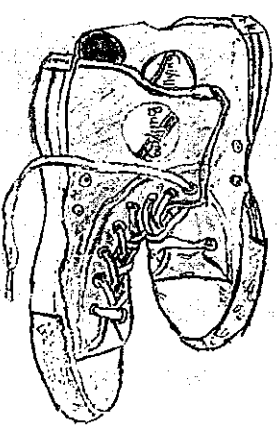
CREATE

A

BYSTANDER

REVOLUTION

**PROJECT
BE THERE**



Empathy: The ability to walk in the shoes of another, understand their feelings and use this to inspire your decisions.

PROJECT BE THERE

Dear Parent/Guardian:

Overwhelmingly, schools are safe and nurturing places for students, and school leaders and faculty are dedicated to making sure schools remain safe learning environments for all children. However, bullying is a serious issue that every school in the nation faces. Unfortunately, many students will be involved in bullying this year as a victim or a perpetrator with many more witnessing bullying acts on a regular basis. St. Tammany Parish Schools believe in working together with parents to combat bullying. We know this problem isn't confined to school grounds and can occur in many settings. We must work together to take immediate action, whether a child bullies, is a victim of bullying, or is a witness to bullying.

St. Tammany Parish School System in its effort to teach behavior and social competence utilizes the research based systematic approach Positive Behavior Interventions and Supports. St. Tammany Parish has adopted September as bullying prevention month. During the month of September your child will participate in bullying prevention at their school, utilizing a curriculum based on PBIS Bullying Prevention.

All definitions of bullying contain three common elements. Is it repeated? Is there an imbalance of power? Is there an intent to cause harm/distress?

What is Bullying? Any of the following aggressive behaviors are bullying if the actions are repeated, and done with intention of gaining power.

- Physical attack such as: bumping into someone, pushing, shoving, tripping, hitting, kicking and fighting, damaging personal property or unauthorized use of personal property.
- Repeated verbal attack for any kind of difference: association with a group, physical appearance, skill ability/disability, economic status, religion, threats and intimidation, taking possessions, name calling, verbal attacks threatening harm, malicious teasing or spreading untrue rumors.
- Repeated non Verbal Attack staring or glaring, pretending to whisper while looking at someone, shunning, non-verbal gestures including obscene gestures and making faces.
- **What is Not Bullying?** Any of the following aggressive behaviors are not bullying if the actions occur once (i.e. no pattern) or done with no intention of gaining power.
- Physical behaviors such as: accidentally bumping into someone, making others play a certain way (this is natural, everyone likes things done their way), or pushing, shoving, tripping, hitting, kicking and fighting done once.
- Verbal behaviors such as: a one time statement of dislike toward or about someone, a single act of telling a joke about someone, arguments or heated disagreements between two or more people/groups (the pattern of which is not repeated to gain power), expressions of unpleasant thoughts or feelings regarding others.
- Non-verbal behaviors such as: being excluded, not playing with someone, choosing different groups to play with from time to time.

If you suspect bullying

- Do Not Ignore the incident(s).
- Report Immediately to school authorities.
- Students should report to parent/guardian.
- Encourage Victims to avoid being alone with the person(s) who attempted to bully them.

If you suspect cyber-bullying

- Teach your child to tell a trusted adult.
- Do not engage the bully.
- Teach your child not to open or read a cyber bully message.
- If the bully is associated with the school please report to school officials.
- Keep evidence of cyber bullying; record the dates, times and descriptions of instances when cyber bullying has occurred. Save and print; screenshots, emails and text messages.
- If your child is threatened with physical harm contact local law enforcement.