

West New York School District Policy
Statement: *The West New York Board of Education prohibits acts of harassment, intimidation, or bullying of a pupil.*”

Harassment, Intimidation, and Bullying Definition

“Harassment, intimidation and bullying” means any gesture, any written, verbal, or physical act or any electronic communication, whether it be a **single** incident or a series of incidents, that is reasonably perceived as being motivated either by any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability (handicap), **or by any other distinguishing characteristics**, that takes place on school property, at any school-sponsored function on a school bus, on or off school grounds as provided for in NJSIA 18 A 37-15:3, that **substantially disrupts or interferes with the orderly operation of the school or the rights of other students...**”

Types of bullying:

- Physical**- pushing, shoving, spitting, smacking, punching, kicking, stealing, physically threatening, etc.
- Verbal**- threatening, mocking, name-calling, taunting, teasing, verbally threatening, etc.
- Emotional**- giving dirty looks, excluding others, spreading rumors, ignoring, etc.
- Cyber**- sending inappropriate emails, pictures, text messages, prank calling, writing inappropriate blogs, and/or posts in social networking sites, etc.

Facts about bullying:

- 1 in 7 students is either a bully or a victim of a bully.
- In the US, 5 million school aged children in Kindergarten through 8th grade have been impacted by bullying.

Effects of bullying:

- Missing school
-As many as **160,000 students** may stay home because they are afraid of being bullied.
- Feeling, scared, alone, hopeless
- Developing low self-esteem
- Developing physical symptoms such as stomach aches, headaches, etc.
- Committing suicide

Consequences of bullying:

The Department of Education’s Discipline Code prohibits this behavior. Students who violate the Discipline Code will be subject to **appropriate disciplinary action* as outlined in the Citywide standards and Chancellor’s Regulation A-443.

**appropriate disciplinary action* could vary from detention to suspension to expulsion to the police getting involved.

“Tips for Parents”

What to do if your child is the victim of bullying?

- Ask your child directly.** Probing a seemingly minor incident may uncover something more serious. Children are often afraid or ashamed to tell anyone that they have been bullied.
- Listen.** Encourage your children to talk about school, social events, other kids in class, and the trip to and from school so you can identify any problems they may be having.
- Tell the school or child-care facility immediately.** If you think that your child is being bullied speak with his/her staff member and/or Principal/Director and encourage your school/child-care facility in their implementation of effective school wide bullying prevention programs.
- Resist being overprotective.** Support your child’s efforts to be more independent. If the bullying is happening on the way to and from school, arrange for the child to get to

school with older, supportive children, or take him or her **until other interventions can take place.**

-**Teach your child the social skills he/she needs to make friends.** A confident child who has friends is less likely to be bullied. Encourage your child to invite friends to your home.

-**Encourage your child to seek spare-time activities.** Sports are especially good because children learn to work within rules. Also physical training boosts their self-confidence so they are less likely to be harassed. Even if your child is not very athletic, activities such as Marshal Arts can boost self-confidence without demanding high athleticism. Your child will also meet other children who may not attend the same school and may make other friends.

-**Teach children ways to resolve arguments** without violent words or actions.

-**Talk about and practice assertiveness skills.** E.g. how to walk confidently, stay alert to their environment, and to verbally stand up for themselves.

-**Seek help.** School Social Workers, Psychologists and Community Children’s Mental Health facilities are available to assist you and your child.

What to do if you suspect your child may be bullying others?

-**Take the problem seriously.** Children who continue to bully others often get into serious trouble in later life. They may also have continuing trouble in their relationships with others.

-**Talk to your child.** Keep in mind that a child who is bullying will often try to place the blame on others.

-**Tell your child that you will not tolerate this kind of behavior.** Discuss with your child the negative impact bullying has on the victims. Praise kindness toward others. Show your child that you value kindness.

-**Arrange for an effective, non-violent consequence.** This should be in proportion with the severity of your child’s actions, and

his or her age and stage of development. Physical punishment carries the message that "might is right."

-Establish a few family rules and stick to them. When children follow rules, be quick to show approval. When they do not, there should be punishment e.g. loss of privilege or reduced spending money. Ensure that your children are not witnessing violent behavior between other family members.

-Spend more time with your child. Look for activities you can share such as sports or hobbies. Try to avoid watching violent television and video games. Too much exposure may increase violent and aggressive behavior.

-Increase your supervision of your child's activities and whereabouts. Find out who their friends are and make sure that you know where they are at all times. Discourage relationships with aggressive peers.

-Talk to his/her teacher and or Principal. Keep in mind that a child who is bullying may try to place the blame on others. Frequent communication with teachers and/or administrators is important to find out how your child is doing in changing his or her behavior.

-Seek help. School Social Workers, Psychologists and Community Children's Mental Health facilities are available to assist you and your child. *You may contact your School Social Worker or Psychologist through your school Principal.*

RESOURCES

- www.education.com/topic/school-bullying
- www.pacer.org/bullying
- www.kidsagainstbullying.org
- www.stopbullyingnow.hrsa.gov/kids
- www.bullying.org
- www.bullyinginfo.org

ANTI-BULLYING INFORMATION FOR PARENTS



*"To educate a person in mind
and not in morals is to educate a
menace to society." -Theodore Roosevelt*

*"In the end, we will remember
not the words of our enemies,
but the silence of our friends."
-Dr. Martin Luther King, Jr.*

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