

## Parent Factsheet: Bullying

**What is bullying?** Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending him/herself. Usually, bullying happens over and over.

### Is it bullying?

- When someone says or does something unintentionally hurtful and they do it once, that's **RUDE**.
- When someone says or does something intentionally hurtful and they do it once, that's **MEAN**.
- When someone says or does something intentionally hurtful and they keep doing it - even when you tell them to stop or show them that you're upset - that's **BULLYING**.

<b>Conflict</b>	<b>Rude</b>	<b>Mean</b>	<b>Bullying</b>
Occasional	Occasional	Once or Twice	Is REPEATED
No planned; in the heat of the moment	Spontaneous; unintentional	Intentional	Is planned and done on purpose
All parties are upset	Can cause hurt feelings; upset	Can hurt others deeply	The target of the bullying is upset
All parties want to work things out	Based in thoughtlessness, poor manners or narcissism	Based in anger; impulsive cruelty	The bully is trying to gain control over the target
All parties will accept responsibility	Rude person accepts responsibility	Behavior often regretted	The bully blames the target
An effort is made by all parties to solve the problem			The target wants to stop the bully's behavior, the bully does not
Can be resolved through mediation	Social skill building could be of benefit	Needs to be addressed/should NOT be ignored	CANNOT be resolved through mediation

Source: DASA Newsletter, January 2014, TST BOCES

All bullying is disrespectful, but not all disrespectful behaviors are bullying.

<b>PEER CONFLICT</b>	VS	<b>BULLYING</b>
Equal balance of power Accidental - often arises from social dynamics Seeking resolution - both parties trying to get what they want Back and forth Frustration and anger shared by all parties Efforts to solve problem		Unequal balance of power Purposeful - intent to harm or humiliate One party seeking power, control, or materials One-sided Strong emotional reaction from one person No effort to solve problem

Signs your child may be bullied

- Unexplainable injuries, or lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating
- Difficulty sleeping or frequency nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness, decreased self-esteem, or self-destructive behaviors

What should you do?

If you believe your child has been bullied, listen and focus on your child and show you want to help. In a gentle manner, ask your child for details. Ask when the bullying happened, exactly what was said and done, in what order, and if anyone else (adult or child) was present.

Notify the school principal as quickly as possible by phone, email or in person. Do not contact the person targeting your child. Shakopee schools prohibits retaliation against anyone who reports bullying incidents, and submission of knowingly false bullying allegations. Appropriate follow up will be taken.

Also know that children who are bullied may struggle with talking about it. Consider referring them to a school counselor, social worker, or other mental health services.

Shakopee Anti-bullying Policy

<https://www.shakopee.k12.mn.us/site/Default.aspx?PageID=5266>

National Suicide Prevention Lifeline Hotline 1-800-273-8255

Stop Bullying: [www.stopbullying.gov](http://www.stopbullying.gov)

It Gets Better Project: [www.itgetsbetter.org](http://www.itgetsbetter.org)

Cyber Safety: [www.commonsensemedia.org](http://www.commonsensemedia.org)