



Help Keep Your School Safe

Essential Information for Parents

Tripping or pushing, spreading rumors, excluding a classmate from playing a game at recess – these are all types of bullying. Having one of these behaviors directed at your child is concerning and upsetting. Hearing that your child is a witness to a classmate being treated this way is also upsetting. We all want our kids to be safe.

Bullying

- Aggression toward another person that occurs repeatedly over time
- The harm is intentional and planned
- The aggression is usually unprovoked
- One person/persons who are the aggressors have more power than the victim of the aggression

Cyberbullying

- Cyberbullying is bullying using technology (e-mail, text messaging, the internet, social media, etc.)

Harassment

- Aggression focused on a student's race, national origin, religion, disability, or sex
- Aggression that is severe, persistent, or pervasive

Not all conflicts are bullying or harassment.

Peer Conflict

- A one-time or isolated act of aggression between students
- The balance of power is equal or nearly equal between the students
- Peer conflict is not a group of students picking on one student
- Students involved in the conflict are willing to work out their differences or leave each other alone

What If Your Child is Being Bullied?

- First, focus on your child
- Be supportive and listen
- Gather information (who, what, when, where)
- Discourage physical retaliation
- Contact your child's principal and/or school counselor
- Provide factual information about the incident
- Work with school staff to create a safety plan for your student
- Commit to making the bullying stop
- If the bullying continues contact the principal again
- Teach your child strategies to avoid bullying
- Encourage participation in school and community activities
- Encourage and support positive friendships
- Teach your child to seek help from an adult if he or she is being bullied

Need More Information?

District policies can be found at www.westada.org

Bullying is policy number 502.90

Harassment is policy number 502.70