

# BULLYING

affects everyone.

KIDS

Who see bullying.

KIDS

who are bullied.

KIDS

who bully.



American Society for the Prevention of Cruelty to Children (ASPCA)

Tuesday at 11:00pm

An estimated 160,000 students are afraid to attend school due to the being bullied, and reportedly 6 out of 10 students in the U.S. have witnessed someone being bullied at least once a day.

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What Can Parents Do?

- Communicate with your child. Do Not ignore or assume the bullying will stop.
- Contact your child's school
- Give your child words of advice and encourage them to try and solve the situation.
- Don't tell your child to fight back, fighting will not solve anything.



WARNING Signs of a

**BULLIED CHILD!**



- Unexplained bruises or injuries
- Fear of going to school
- Poor school performance
- Showing signs of depression, sadness or anger.
- Complaining to be ill
- Suicidal thoughts and/or behavior
- Not wanting to participate in school activities

- 82ND Texas Legislature House Bill 1942
- Texas Education Code
- Sec.37.0832 Definition of Bullying
- Sec.25.0342 Transfer of student who are victims of or have been engaged in bullying

**ASK OR CALL FOR HELP!**



Weslaco Independent School District

Tuesday at 9:00pm

956.969.6500 • Visit us at [www.wisd.us](http://www.wisd.us)

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**WESLACO ISD**

Dr. Ruben Alejandro Superintendent of Schools

**EMPOWERING 21<sup>ST</sup> CENTURY LEARNERS TO STOP BULLYING**

HELP WISD create a...

**BULLY AND GANG**

FREE Environment.

**SPEAK UP!**

**STOP BULLYING!**



What is...

## BULLYING?

Bullying occurs when a student is exposed repeatedly time and time again to negative actions by one or more students.

### TYPES OF BULLYING

#### Verbal

Saying or writing offensive comments.

Such as name calling, teasing, taunting, or threatening to cause harm.

#### Social

Hurting someone's reputation or relationship amongst peers.

Examples are: leaving someone out on purpose, telling other students not to be friends with someone, spreading rumors and publicly embarrassing someone.

#### Physical

Causing physical pain to a person's body.

Examples are: hitting, kicking, pinching, tripping and pushing.

#### Sexual

Prejudice behavior in any form (verbal, physical or social) against gay, lesbian, bisexual, trans-gender, or questioning.



Protect Yourself from...



## CYBER BULLYING



YOU!

Tuesday at 8:00 pm

- Always think about what you post. You never know what someone will forward.
- **DON'T SHARE YOUR PASSWORD.**
- Set your privacy settings so you can have control over who sees what.
- Let your parents know you have a social networking account. Tell Them what you're doing online and who you are socializing with.
- Confide in an adult about messages or comments you see that make you feel sad or scared.
- **REPORT BULLYING/CYBER-BULLYING IMMEDIATELY.**

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What to do if you are...

## BULLIED?

- Look at the harasser and tell him or her to stop in a calm tone of voice.
- If speaking up feels too difficult or not safe, walk away and keep away from the harasser. **Don't fight back** and immediately **LOOK** for an adult to stop the bullying on the spot.
- Seek out an adult you trust to talk to. Telling someone is not snitching or tattling. They can help you come up with a plan to stop the bullying.
- Stay away from places where bullying happens. Stay near adults and other kids. Most bullying happens when adults are not around.



IF YOU WITNESS...

## BULLYING?

TAKE A STAND!

Don't just ignore it, intervene immediately and tell the bully to **STOP**.

DON'T CONTRIBUTE!

If someone is being bullied, **DON'T** support the bully's actions in any sort of manner.

STOP THE RUMORS!

Don't pass on a rumor, let the rumor end with you.

TELL AN ADULT.

Reach out to an adult you trust. They will help you stop the person from being bullied.

BE A FRIEND!

Listen and encourage them to inform an adult about what is going on. Let them know that they are not alone.

IF YOU ARE BEING A BULLY...

# STOP IT



## CYBER-BULLYING

Tuesday at 8:40 pm

Information and communication technologies (i.e. cell phone, e-mail, instant message and social networking websites) used in a repeated and hostile behavior by an individual or group.

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