

# ••• BULLYING •••

## THE FOUR ELEMENTS OF BULLYING

Unwanted aggressive behavior
Intended to hurt someone physically, verbally, emotionally, or electronically
Imbalance of power socially, physically, or emotionally
Repeated over time

**CONSIDERED BULLYING**  
when all four are present

### PARENT ACTIONS

STEP 1

- If the bullying is unlawful the police can be contacted
- Schools are mandated to have a bullying policy
- Ask the school for a copy of their bullying policy

STEP 2

- Keep record of the incidents: date, location, all who were involved, and what happened.
- Save emails, texts, and screenshots of electronic incidents
- Identify the part(s) of the policy not being followed

STEP 3

- Ask for help to solve the bullying rather than laying blame
- **First**, discuss with teacher and principal the part(s) of policy not being followed
- **Second**, discuss with superintendent the part(s) of policy not being followed
- **Third**, discuss with school board the part(s) of policy not being followed

STEP 4

- If the incidents continue after discussions, a request for investigation can be made
- The investigation will review if the school followed its policy, not the bullying
- To file a request go to: [www.education.ne.gov/CC/index.html](http://www.education.ne.gov/CC/index.html)

## RESOURCES AND STRATEGIES

STUDENTS	PARENTS	SCHOOLS
<p><a href="http://www.pacerkidsagainstbullying.org/kab/">www.pacerkidsagainstbullying.org/kab/</a>  <a href="http://bullyingnoway.gov.au/">http://bullyingnoway.gov.au/</a>  <a href="http://kidshealth.org/parent/emotions/behavior/bullies.html">http://kidshealth.org/parent/emotions/behavior/bullies.html</a></p> 	<p><a href="http://www.StopBullying.gov">www.StopBullying.gov</a>  <a href="http://www.helpguide.org/articles/abuse/dealing-with-bullying.htm">www.helpguide.org/articles/abuse/dealing-with-bullying.htm</a>  <a href="http://www.helpguide.org/articles/abuse/cyberbullying.htm">www.helpguide.org/articles/abuse/cyberbullying.htm</a>  <a href="http://micheleborba.com/blog/bully-proofing-strategies-for-kids/">http://micheleborba.com/blog/bully-proofing-strategies-for-kids/</a>  <a href="https://www.psychologytoday.com/blog/brain-storm/201003/top-strategies-handling-bully">https://www.psychologytoday.com/blog/brain-storm/201003/top-strategies-handling-bully</a>  <a href="https://www.ePACER.org/bullying">https://www.ePACER.org/bullying</a>  <a href="http://bullyingnoway.gov.au/">http://bullyingnoway.gov.au/</a>  <a href="http://kidshealth.org/parent/emotions/behavior/bullies.html">http://kidshealth.org/parent/emotions/behavior/bullies.html</a></p>	<p><a href="https://www.youtube.com/watch?v=wFhHc92fOCw">https://www.youtube.com/watch?v=wFhHc92fOCw</a>            June 2014 Readers' Digest Article  <a href="http://k12engagement.unl.edu/bullying-prevention-and-intervention">http://k12engagement.unl.edu/bullying-prevention-and-intervention</a>  <a href="http://bullyingnoway.gov.au/">http://bullyingnoway.gov.au/</a></p> <p><b>CURRICULA (Evidence Based)</b></p> <ul style="list-style-type: none"> <li>• Bully Busters</li> <li>• CAPSLE</li> <li>• Expect Respect (gr. 7-12)</li> <li>• Fourth R: Skills for Youth Relationships</li> <li>• Lesson One (K-6)</li> <li>• Peace Builders</li> <li>• Resolving Conflict Creatively Program</li> <li>• Second Step</li> <li>• Safe School Ambassadors</li> <li>• Social Skills Group Intervention (gr. 3-5)</li> <li>• Steps to Respect (gr. K-6)</li> </ul>