

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



PARENT ACTIONS

STEP 1	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Keep record of the incidents: date, location, all who was involved, and what happened. Save emails, texts, and screenshots of electronic incidents Identify the part(s) of the policy not being followed
STEP 3	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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

RESOURCES AND STRATEGIES

STUDENTS	PARENTS	SCHOOLS
www.pacerkidsagainstbullying.org/kab/ https://bullyingnoway.gov.au/ https://www.childline.org.uk/ https://stompoutbullying.org https://www.healthdirect.gov.au/partners/reachout.com	https://www.stopbullying.gov https://www.helpguide.org/articles/abuse/dealing-with-bullying.htm https://micheleborba.com/blog/bully-proofing-strategies-for-kids/ https://www.parenttoolkit.com/expert/michele-borba https://www.psychologytoday.com/blog/brainstorm/201003/top-strategies-handling-bully https://www.pacer.org/bullying https://bullyingnoway.gov.au/YourRole/Pages/For-Parents-and-carers.aspx https://kidshealth.org/parents/cyberbullying.html https://cehs.unl.edu/empowerment/	https://www.youtube.com/watch?v=wFhHc92fOCw http://k12engagement.unl.edu/bullying-prevention-and-intervention http://bullyingnoway.gov.au/ CURRICULA(Evidence-Based)(Clickonlinksbelow) <ul style="list-style-type: none"> Changing Curriculum through Stories by Marc Levitt CAPSLE Expect Respect (gr. 7-12) Fourth R: Skills for Youth Relationships Lesson One (K-6) Peace Builders Resolving Conflict Creatively Program Second Step Safe School Ambassadors Social Skills Group Intervention (gr. 3-5) Steps to Respect (gr. K-6)
Nebraska Department of Education Resources		
<p>For resources, information, questions, and guidance please visit:</p> <p>https://www.education.ne.gov/safety/bullying-prevention/</p> <p>Contact: Cesar Torres cesar.torres@nebraska.gov (402) 471-0986</p>		