

THE FOUR ELEMENTS OF BULLYING

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| 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

- 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 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

- 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

RESOURCES AND STRATEGIES

| STUDENTS | PARENTS | SCHOOLS |
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| 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.youtube.com/watch?v=wFhHc92fOCw http://k12engagement.unl.edu/bullying-prevention-and-intervention http://bullyingnoway.gov.au/ |
| <p>Nebraska Department of Education Resources</p> <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) 309-4160</p> | 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/ | <p>CURRICULA(Evidence-Based)(Clickonlinksbelow)</p> <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) |