

Purpose

- To assist entire school communities including school staff, administrators, parents, students, and communities in increasing knowledge and strategies for recognizing, preventing, and intervening in the trend and harmful effects of bullying and cyberbullying on our youth.



California *Education Code*

Section 48900 (1)

- (1) “Bullying” means any severe or pervasive physical or verbal act or conduct, including communications made in writing or by means of an electronic act, and including one or more acts committed by a pupil or group of pupils as defined in sections 48900.2, 48900.3, or 48900.4, directed toward one or more pupils that has or can be reasonably predicted to have the effect of one or more of the following:



California *Education Code*

Section 48900 (2)

- (A) Placing a reasonable pupil or pupils in fear of harm to that pupil's or those pupils' person or property.
- (B) Causing a reasonable pupil to experience a substantially detrimental effect on his or her physical or mental health.
- (C) Causing a reasonable pupil to experience substantial interference with his or her academic performance.



California *Education Code*

Section 48900 (3)

- (D) Causing a reasonable pupil to experience substantial interference with his or her ability to participate in or benefit from the services, activities, or privileges provided by a school.



Bullying and Cyberbullying Facts (1)

- One in three California students reported being bullied. (2015 California Healthy Kids Survey [CHKS])
- Nationwide, one in five students reported being bullied. (2016 National Center for Educational Statistics)
- Thirty-three percent of students who reported being bullied at school indicated that they were bullied at least once or twice a month during the school year. (2016 National Center for Educational Statistics)



Bullying and Cyberbullying Facts (2)

- Nationwide, 52 percent of young people report being cyberbullied and 25 percent of teenagers report that they have experienced repeated bullying on their cell phones or on the internet. (<https://www.nobully.org/>)
- Victims of cyberbullying are more likely to suffer from low self-esteem and to engage in suicide ideation. (<https://www.nobully.org/>)
- Students with disabilities are much more likely to be bullied than their nondisabled peers. (<http://www.pacer.org/bullying/resources/students-with-disabilities/>)



How Common is Bullying/Cyberbullying? (1)

- Nationally, more than 25 percent of children ages twelve to eighteen report having been bullied during the last school year. (2013 Indicators of School Crime and Safety; 2012 National Center for Education Statistics, U.S. Department of Education and Bureau of Justice Statistics, Office of Justice Programs, U.S. Department of Justice)



How Common is Bullying/Cyberbullying? (2)

- Sixteen percent of high school students report having been “cyberbullied,” or bullied over digital media, in the last year. (Centers for Disease Control and Prevention, 2012. Youth Risk Behavior Surveillance—United States 2011.)
- Nearly 20 percent of students report being bullied two times a month or more. (Olweus, D. & Limber, S.P., 2010 What we are learning about bullying)



Who Is at Risk of Being Bullied?

- Twenty-seven percent of females and 18 percent of males say they were bullied at school in the past year. (2012 MetroWest Adolescent Health Survey)
- More than 80 percent of lesbian, gay, bisexual, transgender, or questioning (LGBTQ) youth report being verbally harassed at school due to their sexual identity. (The 2011 National School Climate Survey)
- Youth with physical or learning disabilities are more likely to be bullied at school (34 percent) than youth without disabilities (21 percent). (2012 MetroWest Adolescent Health Survey)



Who Is at Risk of Being Bullied?

- Immigrants youth are significantly more likely to be the victims of bullying in U.S. schools when compared to native-born children. (Health Behavior in School Children 2010)



What Are the Consequences for the Target Being Bullied?

- Forty-seven percent of children who are bullied either at school or online show depressive symptoms, compared to 13.6 percent of non-victims. (Centers for Disease Control and Prevention, 2012. Youth Risk Behavior Surveillance—United States 2011)
- Many students who are bullied show responses such as poor appetite, headaches, sleep disturbances, abdominal pain, and fatigue. (Bully Victims: Psychological and Somatic Aftermaths. Psychiatry. 2008)



What Are the Consequences for the Perpetrator of the Bullying?

- Children who bully have lower academic achievement and a poorer perception of school climate than their non-bullying peers. (JAMA Journal of the American Medical Association, 2001)
- Children who bully are almost twice as likely as non-bullies to be convicted of crimes later in life. (Criminal Behavior & Mental Health, 2011)



Bullying Prevention Strategies

- PBIS
- Stop Walk Talk (Elementary Schools)
- Expect Respect (Middle and High Schools)



Identifying the Signs of Bullying or Harassing Behavior

Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs.

- Physical cuts or injuries
- Lost or broken personal items
- Fear of going to school/practice/games
- Loss of interest in school, activities, or friends
- Trouble sleeping or eating
- Anxious/sick/nervous behavior or distracted appearance
- Self-destructiveness or displays of odd behavior
- Decreased self-esteem



When Bullying is Observed

- Any student, parent/guardian, or other individual who believes that a student has been subjected to bullying or who has witnessed bullying may report the incident to a teacher, the principal, a compliance officer, or any other available school employee.
- Staff members must report bullying to the principal/ site administration
- The principal/site administration shall inform the student or parent/guardian of the right to file a formal written complaint in accordance with AR 1312.3 - Uniform Complaint Procedures



Uniform Complaint Procedures

- The *California Code of Regulations*, Title 5 (5 CCR), Chapter 5.1, Section 4600, et seq. establishes Uniform Complaint Procedures to be followed for complaints of:
 - Discrimination; Harassment; Intimidation; or **Bullying** based on one or more of the following protected classes, or association with a person or group with one or more of these actual or perceived characteristics:
Disability; Gender; Gender Identity/Expression; Nationality; Race or Ethnicity; Religion; or Sexual Orientation



Resources

- EGUSD PBIS Website on Bullying Prevention
<http://blogs.egusd.net/pbis/bully-prevention-in-pbis/>
- Digital Citizenship
<http://blogs.egusd.net/digitalcitizenship/>
- Common Sense Media
<https://www.commonsense.org/education/recognition-districts>
- Stopbullying.gov
<https://www.stopbullying.gov/>
- U.S. Department of Health and Human
<https://www.hhs.gov/>
- PACER's National Bullying Prevention
<http://www.pacer.org/bullying/>
- California Bullying Module
<https://www.cde.ca.gov/ls/ss/se/documents/bullymodule1.docx>

