

Helping Kids Deal with Bullying

A photograph showing a person with dark curly hair sitting on the ground against a brick wall. They are wearing a blue long-sleeved shirt, blue jeans, and dark sneakers. Their head is buried in their arms, and they appear to be crying or distressed. A larger person, wearing blue jeans and black shoes, stands over them, pointing their finger towards the person on the ground. A plaid bag with a tan strap lies on the ground in the foreground.

Our Mission is to produce a sense of community where all students feel safe, connected, and valued.

[Supporting Your Child](#)

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance.

The behavior is often repeated, or has the potential to be repeated over time, but a one-time event can be bullying if it's severe. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

"Bullying is arrogance in action."

– Barbara Coloroso

What Can I Do If My Child is Being Bullied?

- Thank your child for reporting and find out more about the bullying. Do not ignore the bullying or tell your child to ignore it.
- Listen carefully to what your child tells you about the bullying. Find out the specifics.
- Don't blame your child for the bullying. Let him or her know you're sorry this has happened.
- If you disagree with how your child handled the bullying, avoid criticizing him or her. It's not easy to figure out what to do . . . even for adults. Instead brainstorm what he or she might do differently next time.
- Contact the teacher, counselor, or assistant principal (AP) immediately to share your concerns. Work closely with school personnel to solve the problem. Ask what will happen now that you've made the report. What's the plan?
- Check your own emotions. Step back and think carefully about what you will do next. Avoid underreacting by minimizing it, but avoid overreacting by becoming highly emotional. Your child will often mimic your response.

- Do not encourage any type of retaliation.
- Teach your child assertiveness and resiliency strategies (the counselor can assist with this).
- Find ways to get your child more connected such as sports, clubs, meeting new friends, etc. Connected students are less likely to be targets of bullying.
- Ask your child to report all future bullying or retaliation to you and the AP. Keep reporting until it stops.

Two Ways to Make a Report of Bullying

1. Offline (in person)

- a. Report to teacher (in person or in writing) or other staff members in the building.
- b. Report directly to the AP (in person or written).

2. Online

- a. Students:
 - Download the “STOPit” app; enter the code *Frisco#1*.
 - Select your school and make your report.
- b. Parents:
 - Go to your student’s campus website.
 - Click on the “STOPit” icon and make your report.

Once you submit your online report the message will be sent to the campus administrators.

What happens after a report is made?

1. The AP will contact the parents of students involved to inform them of this report and begin the investigative process. During this process, the AP will interview all students involved in the incident.
2. When necessary, interim steps will be taken to ensure safety of the targeted student while the investigation is taking place.

3. The student who was targeted is encouraged to report any retaliation or continued mistreatment now or in the future to the AP, his/her parents, and/or the police (when necessary) immediately.
4. After the investigation is complete and a plan of action has been determined, the AP will contact the students and parents involved in the report to address the findings.
5. Appropriate consequences will be given to the student committing the bullying behavior. (Note: the AP is not allowed to share consequences with the parents of the targeted student.)
6. The targeted student will be offered strategies on dealing with bullying.
7. In order to provide extra support, the AP will inform the counselor of the incident.
8. Staff members (specials teachers, bus drivers, etc.) will be involved on a need to know basis.

“There is never an excuse or justification for disrespecting/humiliating another person.”

– Stan Davis

The police should be contacted in the following situations:

- When the message encourages suicide.
- Incites violence through group bullying.
- Extortion
- Obscene or harassing phone calls or text messages
- Harassment, stalking, or hate crimes
- Sexual exploitation
- Releases or threatens to release intimate visual material.
- Involves assault or harassment (repeated negative e-communications)

What Can I Do If My Child Is Bullying Others?

- Make it clear to your child that you take bullying seriously and will not tolerate this type of behavior.
- Develop clear rules within your family for your child's behavior. Praise your child for following the rules and use nonphysical and logical consequences when rules are broken.
- Teach and model appropriate ways to deal with feelings.
- Help your child find positive ways to meet the need for attention and power.
- Avoid calling your child a "bully." Instead, refer to "bullying behaviors."
- Work with your child on the concept of empathy (the counselor can help with this).
- Monitor your child's e-communications and avoid excessive use of violent video games.
- Spend as much time as possible with your child and carefully supervise and monitor his or her activities. Find out who your child's friends are, and how and where they spend their free time.
- Build on your child's talents by trying to get him or her involved in positive activities (such as clubs, music lessons, and nonviolent sports). Be sure to watch his or her behavior in these places as well.
- Work with your child's school to address this concern. Remember, children do not learn to solve these types of problems on their own. We must teach them!

More information on bullying prevention:

Frisco ISD Website - <http://www.friscoisd.org/departments/guidance-and-counseling/bullying>

The Olweus Bullying Prevention Program - <http://www.violencepreventionworks.org>

Reporting vs. Tattling

- ☺ Reporting helps stop trouble.
- ☹ Tattling causes trouble.
- ☺ Reporting helps get people out of trouble.
- ☹ Tattling is trying to get someone in trouble.
- ☺ Reporting saves time and sometimes lives.
- ☹ Tattling is a waste of everyone's time.

Bullying or Conflict?

All bullying is mean, but not all mean behavior is bullying. So, if bullying is not the same as pure peer aggression or conflict, what is it?

In conflict, the incident is usually "two sided" – each student is being aggressive toward the other one. In bullying, it tends to be one sided. Bullying tends to be more about arrogance, control, and power. It's the feeling that I'm better than you and I have a right to treat you this way. All bullying is mean, but not all mean behavior is bullying.

Don't be alarmed if the incident your child is involved in is called "conflict" instead of "bullying." Consequences will be given either way. Just because an aggressive act is not called bullying doesn't mean the aggressor won't receive a consequence or that the consequence will be any less than if it had been called bullying. It's documented in a different way.



Student Services-Guidance and Counseling

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www.friscoisd.org