

SAU 15 is Anti-Bullying



SAU15
HOOKSETT

What is Bullying?

Bullying can be a single incident or pattern of incidents involving a written, verbal, electronic or physical act intended to:

- Physically hurt someone or their property
- Severely hurt someone's feelings
- Can cause students to have trouble going to school or from learning
- Disrupts the operation of school



*Imbalance of Power: One child has a hard time defending him or herself.

Bullying can be:

Direct: Hitting, teasing, or threatening

Indirect: Excluding, spreading rumors, or Cyber Bullying
(posting embarrassing/hurtful pictures or posts about someone online)



What can parents do?



- First, have a conversation with your child.
- Try to remain calm as you talk with your child.
- If your child has been harmed or physically threatened, call the school or Hooksett Police Department.
- Assure your child that you will help him or her find a solution.
- Find out: Who was involved? What was said or done? When did it occur? Were there any bystanders? How did your child respond? How long has it been going on? Who the child has informed? Report it.
- Take a screenshot of embarrassing or hurtful online conversations/posts/pictures directed towards your son or daughter.

What can parents do?

- Be supportive.
- Encourage your child not to respond with violence.
- Teach your child to be assertive. Assertive students give a clear message to the bully that some behaviors will not be tolerated. It is using your voice and body language to let the bully know that bad behavior is unacceptable.
- Watch for signs of stress.
- Consider getting outside help.

“Meaningful bullying
prevention
is dependent upon children,
teachers, administrators,
parents, and the community
working in **partnership.**”

Students can be assertive by:

- Expressing anger in words that are direct and respectful.
- Looking the person in the eye when speaking to them.
- Using a calm, even tone of voice.
- Speaking at a regular volume.
- By not standing too closely to the person.
- Using the bully's name when addressing him or her.



Assertive Communication:

Assertive communication is the essential middle ground between an aggressive comeback that escalates a bully's hostilities and a passive response that reveals a victim's lack of power.

These skills need to be practiced!

Tell an adult if you are being bullied!



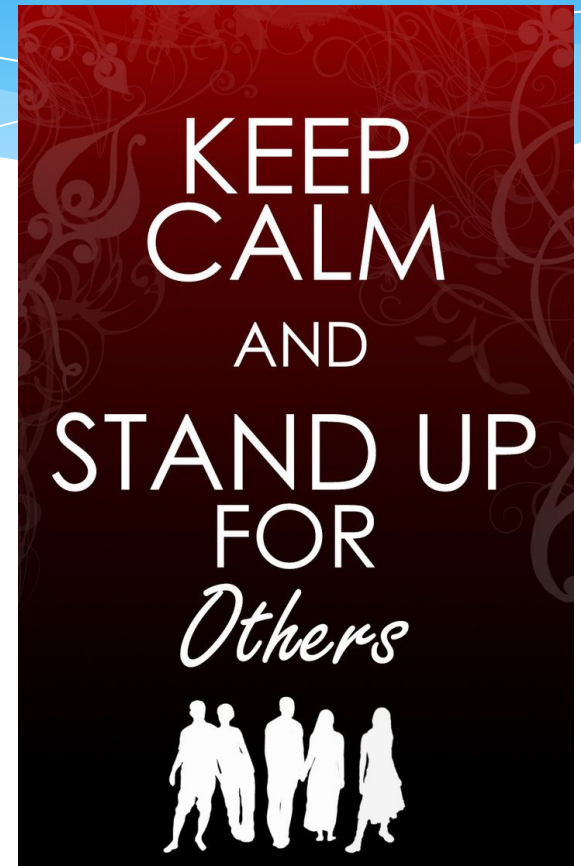
Recap: How to stop bullying...



What if my child witnesses another child being bullied?

Bystanders take 4 roles:

- **Assistants** who join in the attacks on victims.
- **Reinforcers** who support the bully's behavior by encouraging him or her.
- **Outsiders** who are aware of the bullying but do nothing.
- **Defenders** who comfort the victim, intervene for the victim, or report the bully.



Let your child know that they need to make a choice when they see someone getting bullied.

#ERASEbullying

Be a Witness Not a Bystander

Pay Attention

Get Involved

Never Ever Look Away

Barbara Coloroso, "The Bully, The Bullied and the Bystander"

What can students do?

Be a Friend
Lend a Hand



Reach
Out



Say
"Stop"



Report
Concerns™

What happens at school if a bullying incident occurs?



- Within 48 hours of the reported incident, administrators will notify parents of the victim as well as the student accused of the bullying incident.
- A written procedural report of the investigation of the incident will be completed within five days and the Superintendent will be notified.
- Administrators will respond to help the students.
- Administrators will notify parents of results within ten days of the investigation.
- If appropriate, a "Safe Schools Report" will be filed with the Hooksett Police Dept. and the SAU.
- The administration will develop a response to remediate any substantiated incident of bullying, including imposing a student consequence if appropriate, to reduce the risk of future incidents and, where deemed appropriate, to offer assistance to the victim or perpetrator.

Questions?

Let's make school
a safe and
happy place!

