

Bullying 101

Bullying versus Mean/Rude behavior
Know the difference

Bullying entails 3 key elements:

- Intent to harm
- Power imbalance
- Repeated acts or threats of aggressive behavior.

Bullies say or do something intentionally hurtful to others and keep doing it, with no sense of regret or remorse -- even when targets of bullying show or express their hurt or tell the aggressors to stop.

Rude

- Not having or showing concern or respect for the rights and feelings of other people : not polite
- Inadvertently saying or doing something that hurts someone else.

Rude behaviors could appear as elements of bullying, but when looked at in context, incidents of rudeness are usually spontaneous, unplanned inconsideration, based on thoughtlessness, poor manners or narcissism, but not meant to actually hurt someone.

Mean

- Characterized by petty selfishness or malice
- Behavior aims to hurt or depreciate someone.

Kids are mean to each other when they criticize clothing, appearance, intelligence, coolness or just about anything else they can find to denigrate. Meanness also sounds like words spoken in anger -- impulsive cruelty that is often regretted in short order. Very often, mean behavior in kids is motivated by angry feelings and/or the misguided goal of propping themselves up in comparison to the person they are putting down.

The main distinction between "rude" and "mean" behavior has to **do with intention; while rudeness is often unintentional.**

ABSS Code of Conduct

The consequences of bullying in ABSS are outlined in the ABSS Student Code of Conduct. This information is a summary of the policy.

Rule 10: Bullying and Harassment

Students shall not engage in bullying or harassment of other students.

Bullying

- Repeated intimidation of others—real or threatened
- Physical, verbal, written, electronically transmitted or emotional abuse
- Attacks on the property of another.
- Implied or stated threats
- Exclusion from peer groups.

Harassment

- Actions that interfere with a student's ability to participate/benefit from and educational program or activity.

Retaliation is prohibited

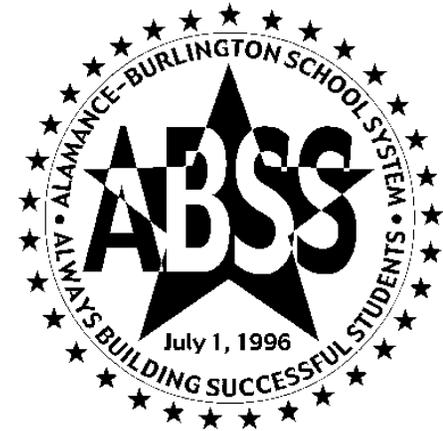
Sometimes it might be useful to come to the school to find out what you can do as a parent. Who can you contact?

- Teacher
- School Counselor or School Social Worker
- Principal or Assistant Principal
- School Resource Officer

Alamance-Burlington Schools
Central Office

1712 Vaughn Road, Burlington, NC
(336) 570-6060
<http://www.abss.k12.nc.us>

*This brochure was created and designed by the
ABSS Bullying Prevention Committee*



**Bullying
Prevention**

**Parent Resource Guide
2014-2015**

Additional resources and tips can be found
on the ABSS website under
Prevention Specialist.

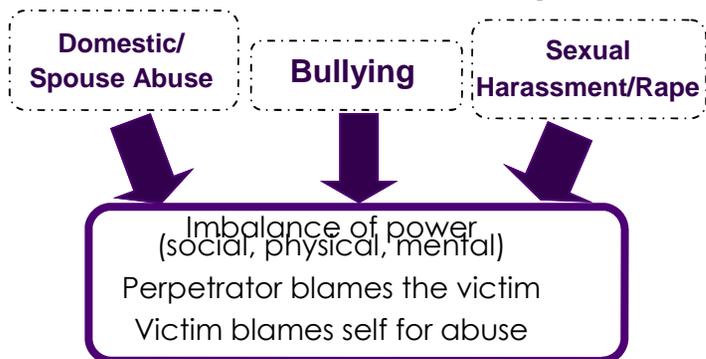
Normal Peer Conflict

- ◆ Between friends/equal power (socially, mentally and/or physically)
- ◆ Happens occasionally
- ◆ Accidental
- ◆ Not serious
- ◆ Not seeking power
- ◆ Remorse– will take responsibility
- ◆ Effort to solve the problem

Bullying

- ◆ Imbalance of power
- ◆ Repeated negative actions
- ◆ Purposeful
- ◆ Serious with threat of physical or emotional harm
- ◆ Strong emotional reaction from victim and little or no emotional reaction from perpetrator
- ◆ Seeking power, control or material things
- ◆ Attempt to gain or keep power
- ◆ No remorse– blames victim
- ◆ No effort to solve problem

The Bullying Power Imbalance is likened to Domestic Violence and Rape*



*Leading researchers in the fields of bullying, domestic violence and rape agree the perpetrator and victim react/respond similarly.

For Parents

Educate Yourself about what bullying is and what it isn't.

Get Involved and Be Aware

Talk to your child about

- places he/she goes
- activities he/she is involved in
- people he/she identifies as friends

Know the parents of your child's friends.

Set Rules Communicate clear expectations and consequences.

Be Present Know your child's passwords to social media accounts, phones, etc. (The less monitoring by an adult, the higher the rate of bullying and other risky behaviors).

Teach Responsibility Encourage your child to develop a family moral code so that he/she will choose to behave ethically in person and online.

Observe Watch out for behavioral changes in your child.

Take Action Report any incident of harassment and/or physical threats to the school or your online/ phone service provider.

Help Your child develop courage and empathy. Model positive problem solving skills.

8 Social Networking Sites to Know

This is a partial list of websites, there are many more. The important point is to get to know your child's habits on social media.

Creepy— geotag location date retrieval

Vine—posts short videos, sometimes while others don't know

Snapchat—widely known as the "sexting" app

Kik— instant messenger app, also widely associated with "sexting"

Phheed—livestream what a person is doing at any given moment

Oovoo— video chat/instant messaging app like Skype or Facetime

Qooh.me—allows for anonymous questions to other users. Adult profiles are mixed with teens.

Ask.fm—Latvia-based app that allows users to ask questions anonymously. Not well-known by adults but has been associated with bullying-related suicides.

Where students feel safest

