

## How to help a child feeling bullied

- ✚ Let the child know that being bullied is not his or her fault.
- ✚ Encourage the child to stay calm. The greater the emotional reaction to bullying, the more likely it is to continue.
- ✚ Help the child to buddy up. Stick with friends in areas where the bullying tends to occur.
- ✚ Help the child write down the details. This will help if a bullying reports needs to be made.
- ✚ Build his or her self-esteem.

## SIGNS OF VICTIMIZATION

- ✚ Fear of going to school or requests to stay home
- ✚ Missing possessions (money, clothing, etc.)
- ✚ Injuries
- ✚ Change of personality, sadness
- ✚ Low self-esteem
- ✚ Disturbed sleep/nightmares



**Winnisquam Regional Middle School**  
76 Winter Street  
Tilton, New Hampshire 03276  
(603)286-7143

**Principal: Dr. Pamela Miller**  
**Assistant Principal: Shannon Kruger**

**Guidance Counselors**  
7<sup>th</sup> Grade: Lauren Zimmerman  
6<sup>th</sup> & 8<sup>th</sup>: Elise Smith

**School Psychologist: Dr. Phil Mead**  
**Behavior Specialist: Dan Wallin**

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## Understanding Bullying *A Guide for Parents*



Winnisquam Regional School District

**DURING** their school years, many students are involved with teasing or unkind behavior as either the perpetrator or target. Sometimes these behaviors are serious enough to be considered bullying.

Actions taken by school staff to address interpersonal communication between students will vary depending on the developmental ages of the children involved, the past and present relationship between the students, and the seriousness of the behavior.

School staff will address children's teasing and taunts that occur from time to time and acknowledge injured feelings and issues in dispute. Teachers may address this in the classroom by emphasizing respectful behavior towards each other; guidance counselors may intervene to teach students to be more empathetic, or to develop better social skills; or a behavior specialist may develop behavior plans with children who need more of a reminder to be kind.

When negative interpersonal behavior is more serious, or is repeated even after various interventions, the perpetrator may receive consequences of a disciplinary nature.

**BULLYING** is defined by state law as a single significant incident or pattern of incidents involving written, verbal, or electronic communication, or a physical act or gesture, or any combination thereof, directed at another student which:

- Physically harms a student or damages the student's property;
- Causes emotional distress to a student;
- Interferes with a student's educational opportunities;
- Creates a hostile educational environment; or
- Substantially disrupts the orderly operation of the school.

Bullying actions are motivated by an imbalance of power based on a student's actual or perceived characteristics, their behaviors or beliefs, or by the student's association with another person based on the other person's characteristics, behaviors, or beliefs. RSA 193-F:3

All bullying behavior witnessed or brought to the attention of school staff will be investigated in accordance with the district's bullying policy.

**AS A PARENT**, if you suspect your child is being bullied, contact your school's principal, guidance counselor, or other school staff. Some children first bring concerns about bullying or other intimidating behaviors to their parent's attention. Please call school personnel even if you just have questions.



### **WHAT IS BULLYING**

To avoid confusion or doubt about what constitutes bullying behavior, researcher Ken Rigby proposes a definition of bullying:

#### **Bullying is: A desire to hurt plus -**

- a hurtful action
- a power imbalance
- repetition (typically)
- an unjust use of power
- evident enjoyment by the aggressor
- a sense of being oppressed on the part of the target