

## Bully Proof Your Child

- **Help your child understand bullying.** Explain **what bullying is.** It is more than physical; it can be done in person or over the phone or computer.
- **Keep open lines of communication with your child.** Check in with your child and listen to any concerns about friends and other students.
- **Encourage your child to pursue their interests.** Doing what they love may help your child be more confident among their peers and make friends with other kids with similar interests.
- **Teach your child to take a stand against bullying.** Give guidance about how to stand up to those who bully if it is safe to do so.
- **Talk to your child about seeking help from a trusted adult when feeling threatened by a bully.** Talk about whom they should go to for help and role-play what they should say. Assure your child that they should not be afraid to tell an adult when someone they know is being bullied.
- **Know what is going on in your child's school.** Visit the school website, read the School newsletter, follow your campus on Facebook Get to know other parents, school counselors, and staff.
- **Please complete an online bullying form through the district's main webpage under Parents & Students.**
- **[www.stopbullying.gov](http://www.stopbullying.gov)**

## Reminders for Students

- **Speak up against bullying.** Say something like, "stop it."
- **Walk away.** Act like you do not care, even if you really do.
- **Tell an adult you trust.** They may have ideas about what you can do.
- **Stick together.** Staying with a group might help.

### Things to remember...

- You are not alone.
- It is not your fault. Nobody should be bullied!
- Talk to someone you trust.
- Do not hurt yourself.
- Do not bully back. Do not bully anyone else.
- Do not let the bully win. Keep doing what you love to do.
- If you witness a bullying incident, report the incident to a trusted adult immediately.

(Brochure contents obtained from the following websites: [stopbullying.gov](http://stopbullying.gov) & [safefrombullies.com](http://safefrombullies.com))

## Bullying Reporting Procedures

If you are a student victim, the parent/guardian of a student victim, a close adult relative of a student victim, or a school staff member and wish to report an incident of alleged harassment and/or bullying contact the student victim's school to obtain a Brazos ISD Harassment and Bullying Reporting Form .



**Brazos ISD**  
227 Educator Lane  
979-478-6551

Educational opportunities are offered by the Brazos Independent School District without regard to race, color, religion, national origin, sex or disability.

# Empowering Parents & Students Against Bullying

**Brazos ISD's Parent Informational  
Guide about Bullying**



**Brazos ISD**  
**Excellence In Education**

BISD defines bullying as a means of engaging in written or verbal expression or physical conduct that will have the effect of physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm to the student's person or of damage to the student's property; or is sufficiently severe, persistent, or pervasive enough that the action or threat creates an intimidating, threatening, or abusive educational environment for a student.

[www.brazosisd.net](http://www.brazosisd.net)

## What is Bullying?

Although definitions of bullying vary, most agree that bullying involves:

- **Imbalance of Power:** people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves
- **Intent to Cause Harm:** actions done by accident are not bullying; the person bullying has a goal to cause harm
- **Repetition:** incidents of bullying happen to the same person over and over by the same person or group



## Types of Bullying

Bullying can take many forms. Examples include:

- **Verbal:** name-calling, teasing
- **Social:** spreading rumors, leaving people out on purpose, breaking up friendships
- **Physical:** hitting, punching, shoving
- **Cyberbullying:** using the Internet, mobile phones or other digital technologies to harm others

An act of bullying may fit into more than one of these groups.

[www.stopbullying.gov](http://www.stopbullying.gov)

## What Bullying is NOT

Most agree that bullying does not involve:

- **Not Liking Someone**
- **Accidentally Bumping into Someone**
- **Being Bossy**
- **Arguments**
- **“Isolated Acts of Harassment, Aggressive Behavior, Intimidation, or Meanness:** Anything that happens once is NOT an act of bullying. As a parent, it is important that you pay attention to what your kids are telling you and find out if things are happening more than once.



**All behaviors above are unpleasant and need to be addressed, but they are not to be treated as bullying. Many times, labeling a single act of aggression can turn it into bullying just by perceiving it that way.”**

[www.safefrombullies.com](http://www.safefrombullies.com)

## Recognizing Signs of Bullying

If Your Child is Being Bullied They Might:

- Come home with damaged or missing clothing or other belongings
- Have unexplained injuries
- Complain frequently of headaches, stomach-aches, or feeling sick when time to go to school
- Have trouble sleeping or has frequent bad dreams
- Have changes in eating habits
- Lose interest in visiting or talking with friends
- Be afraid of going to school or other activities with peers

- Lose interest in school work or begins to do poorly in school
- Appear sad, moody, angry, anxious or depressed when they come home
- Talk about suicide
- Feel helpless
- Often feel like they are not good enough
- Blame themselves for their problems
- Suddenly have fewer friends
- Avoid certain places
- Act differently than usual

If Your Child is Bullying Others They Might:

- Become violent with others
- Get into physical or verbal fights with others
- Get sent to the principal's office or detention frequently
- Have extra money or new belongings that cannot be explained
- Be quick to blame others
- Not accept responsibility for their actions
- Have friends who bully others
- Need to win or be best at everything

[www.stopbullying.gov](http://www.stopbullying.gov)

