



Bullying Prevention – Everyone’s Responsibility

What Parents Can Do

What is PACER and the National Bullying Prevention Center?

PACER Center (Founded in 1977)

For more than 30 years, PACER has helped students with disabilities and their families understand their educational rights at the local, state, and national levels through individual assistance over the phone and in person, in workshops and webinars, and with printed and digital resources. **PACER.org**

PACER's National Bullying Prevention Center (Founded in 2006)

Created in response to the significant number of students with disabilities who experience bullying. PACER's National Bullying Prevention Center unites, engages, and educates communities, including educators and parents, to address bullying through relevant and interactive **FREE** resources designed for ALL students.

PACER.org/BULLYING

How Does PACER Help?

Education –

Free online resources for parents, students and educators.

Advocacy –

Provides individual assistance to individuals who contact with the center

Awareness –

Organizes unique, innovative events and activities to inspire action for individuals, schools and communities.

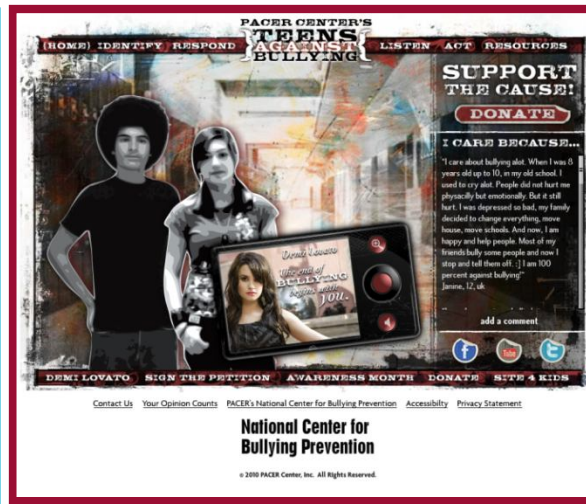
Outreach

PACER.org/Bullying



Parents and Professionals

PACERTeensAgainstBullying.org



Middle and High School

PACERKidsAgainstBullying.org



Elementary School



Agenda

- Dynamics of Bullying
 - Action Steps for Parents
 - Parents of Children with Disabilities
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- Bullying Defined
- Common Views
- Who Bullies?
- Who is Targeted by Bullying?

The Dynamics of Bullying

Defining Bullying Behavior

Basic Guideline:

Let the child know that if the behavior hurts or harms them, either emotionally or physically, and if they have a hard time defending themselves, it's bullying.

The Impact of Bullying

Three Areas of Concern to Parents and Others:

1. **Education** – School avoidance and loss of academic achievement
2. **Health** – Physical and emotional
3. **Safety** – Harm to self and others

Types of Bullying

- **Verbal:** Using words. Often quick and direct.
- **Physical:** Kicking, hitting. Easy to recognize.
- **Emotional (Social):** Manipulation, gossip. Very calculated.
- **Sexual:** Violation of personal boundaries. Students are often reluctant to talk about it.
- **Cyber:** The “New Bathroom Wall.” Using technology to hurt or harm.

Common Views and Myths

- Bullying is a natural part of childhood.
- Words will never hurt you.
- Some people deserve to be bullied.
- Bullying will make kids tougher.
- Telling a teacher about bullying is “tattling.”
- It’s only teasing.

Who Bullies and Why?

- Students who bully can be any size, age, or gender.
- The common element is their behavior.
- Most commonly, children who bully seek to demonstrate power and want to feel in control.

Who is Targeted by Bullying?

- There is no “typical profile” of someone who might be subjected to bullying.
- There are some common characteristics among children who are targets of this behavior.

Dual Role: Both the Target and the Bully

Reactive bullying: When the student is both targeted by bullying and also bullies in response.



Action Steps

- Know the laws
- Talk With Your Child
- Encourage Self-advocacy
- Student Action Plan
- Cyberbullying
- Take Action if Your Child is the Bully
- Role of An Active Bystander

Parents – What You Can Do

Know the Laws



- Status of state legislation is on StopBullying.gov
- Laws vary by state