



## EVERYONE HAS THE RIGHT TO A **SAFE AND INCLUSIVE** LEARNING ENVIRONMENT

We believe that teachers and students perform their best when a culture of respect is established.

In District 196, all schools establish strategies for creating a positive school climate and use evidence-based social-emotional learning to prevent and reduce discrimination and other improper conduct. Staff model, teach and reinforce expected behaviors using research-based, developmentally appropriate best practices that include preventable and remedial measures and effective discipline to deter bullying throughout the school.

All schools in District 196 implement a schoolwide bullying prevention program as part of a program of positive behavior support. These programs foster active student, parent and community participation.

## RESOURCES

**MN Department of Education**  
[education.mn.gov/MDE/dse/safe](http://education.mn.gov/MDE/dse/safe)

**PACER National Bullying Prevention Center**  
[pacer.org/bullying](http://pacer.org/bullying)

**Stomp Out Bullying**  
[stompoutbullying.org](http://stompoutbullying.org)

**Stop Bullying**  
[stopbullying.gov](http://stopbullying.gov)

**The BULLY Project**  
[thebullyproject.com](http://thebullyproject.com)

## CONTACT

An official District 196 bullying contact is designated at each school. Reach out to this person at your child's building if you have any questions or to report bullying.

School contact information can be found by visiting: **[District196.org/bullying](http://District196.org/bullying)**.



## BULLYING STOPS HERE

Parents' guide to recognizing and responding to bullying



**DISTRICT196**  
One District. Infinite Possibilities.

## WHAT IS BULLYING?

### District 196 Policy 503.8AR defines bullying as:

- Intimidating, threatening, abusive or harming conduct that is objectively offensive and:
  - There is an actual or perceived imbalance of power between the student engaging in the conduct and the target of the conduct, and the conduct repeats or forms a pattern, or
  - Materially and substantially interferes with a student's educational opportunities or performance or ability to participate in school functions or activities or receive school benefits, services or privileges.

### Scope of student bullying:

Bullying can occur as **physical, verbal** or **cyber bullying**. District policy applies when there is bullying by a student against another student enrolled in District 196 and occurs:

- On school premises, at school functions or activities, or on school transportation;
- By use of electronic device and communications on school premises, during the school functions or activities, on school transportation, or on school computers, networks, forums, and mailing lists, or
- By use of electronic device and communications off school premises to the extent such use substantially and materially disrupts student learning or the school environment.



### Common signs of a bullied child:

- Withdrawn from friends and family, and regular activities;
- More frequent sick days, displaying sadness or unexplained injuries;
- Doesn't like going to school and decline in grades, and/or
- Fearful of certain situations at school (riding the bus, bathrooms, recess, etc.)

### What should I do?

- Take complaints seriously and listen;
- Tell the school immediately;
- Discuss strategies to stay safe, such as finding a trusted adult when bullying occurs, and
- Keep lines of communication open.

## WHAT IF MY CHILD IS BULLYING?

It is important to get to the root cause of this behavior and help your child understand the consequences of bullying others.

- **Talk with your child.** Help them understand what defines bullying and emphasize that negative behavior is not appropriate.
- **Teach empathy, respect and compassion.** Try to understand your child's feelings and help your child appreciate how others feel when they are bullied.
- **Provide clear and consistent consequences for bullying.** Be specific about what will happen if the bullying continues.
- **Be realistic.** It takes time. Be patient as your child learns new ways of handling feelings and conflict. Reward positive behavior.

**Be Safe.  
Be Respectful.  
Be Responsible.**