

Unity Month - Bullying Prevention



October is generally recognized as Bullying Prevention Month. At Deer Park, we also recognize Unity Day on Oct. 23rd. As a school, we know that this is a topic that should be addressed all throughout the year. As with any important movement, support from the whole community is key. Below is just a short list of resources and suggestions that we ask you to review and discuss with your student throughout this school year.

Online Resources

These resources can provide a wealth of information about how to speak to your child if you think they are being bullied, how to addressing cyberbullying, and other key facts.

<http://www.deerparkcityschools.org/junior-senior-highschool/bullying-prevention>

<https://www.stopbullying.gov/>

<https://www.pacer.org/bullying/>

Suggestions/Ideas to Consider

1. **Talk with your child**: Bring this topic up regularly. “How are you doing?” “Are you getting any mistreatment?” “How about your friends?” “Is anyone reporting that?”
2. **Contact the school**: If you think something is going on, please let us know as soon as possible. We want to intervene early.

3. **Tattling vs. Reporting**: Most school tragedies could have been avoided if the person who had information shared that information. Yet, many students think it is “snitching” to report someone bullying them, or won’t step forward if they witness it. Please help your student change this mindset.
4. **Monitor Social Media**: Unkindness used to end at a person’s house or bedroom door. Now, it can follow a student 24/7 if they don’t know how to use technology safely. Students can feel compelled to read and look at those mean posts even when it’s about them.
5. **Cyberbullying Tactics**: There are a great many ways to attack a person online, everything from posting unflattering photos to impersonating them to direct threats. Arm yourself as a parent by learning about these tactics and talk with your student about not getting involved or encouraging these hurtful games.
6. **Warning Signs**: If you notice that your student is frequently complaining about being ill, has declining grades, or isn’t hanging out with the normal crowd, it may be time for a conversation. If you notice that your student hangs out with others who treat student meanly, doesn’t accept responsibility for their actions, or blames others for their problems, then it may **also** be time for a conversation.

These are just a few ideas that we wanted to share, but this list began with “Talk with your child.” This is not something schools can tackle all on their own. We need your help to continue the conversation throughout the year. You never know when your student might be someone’s hero by simply reporting a problem to a staff member.