



What Is Bullying?

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. In order to be considered bullying, the behavior must be aggressive and include:

- An imbalance of power: Children who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.



Helpful Resources

Resources for protecting your children online
www.netismartz.org

A site dedicated to online safety
www.safekids.com

Online Safety Tips
www.safeteens.com

An Internet safety help group
www.wiredsafety.org

Protecting your kids online
www.missingkids.com

Social media safety
www.commonsemmedia.org

Internet related policies (problems and solutions)
<http://www.getnetwise.org>

Cyber crime information
www.cybercitizenship.org

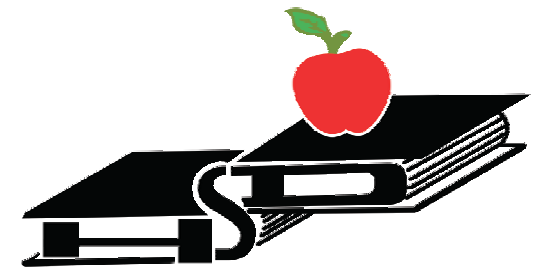
An official website of the U.S. government
stopbullying.gov

CRISIS TEXT LINE |

Text LA to 741741
Free, 24/7, Confidential

Hawthorne School District

No Place for Bullies



A Guide for Students and Families

Education Code for Bullying

Section 48900(r) defines bullying as:

Any severe or pervasive physical or verbal act or conduct, including communications made in writing or by means of an electronic act. . .[that] is directed toward one or more pupils that has or can be reasonably predicted to have the effect of one or more of the following:

- Placing a reasonable pupil or pupils in fear of harm to. . .[his/her/their] person or property.
- Causing a reasonable pupil to experience a substantially detrimental effect on his or her physical or mental health.
- Causing a reasonable pupil to experience substantial interference with his or her academic performance.
- Causing a reasonable pupil to experience substantial interference with his or her ability to participate in or benefit from the services, activities, or privileges provided by a school.

What Is Cyberbullying?

Cyberbullying can be defined as "willful and repeated harm inflicted through the medium of electronic text."

This generally occurs through the use of computers and the Internet, as bullies may send harassing emails or messages, post obscene, insulting, and slanderous messages to social networking sites (like Instagram, Snapchat, and Facebook), or develop websites to promote and disseminate defamatory content. Harassing text messages also can be sent to a victim via cellular phones.

How You Can Protect Your Child

- Supervise your child's online activities;
- Access your child's online accounts including text messages, emails, and social networking apps;
- Have ongoing conversations with your child regarding internet safety and appropriate online interactions;
- Talk with your child about the potential dangers of Internet activities. Tell them you have a responsibility to monitor their Internet use and will check their accounts periodically;
- Spend time with your child online. Have them teach you about their favorite website;
- Keep the computer in a common room in your home, and set time limits for its use;
- Utilize parental controls provided by your service provider and/or blocking software. Make sure they know what sites they are not allowed to visit;
- Install an operating system that makes you the administrator of the family computer. This allows you to set what content can be viewed online, and software that can be installed;
- Tell your children to let you know immediately if a stranger tries to make contact with them on the web;
- Make sure your child knows what online activities are against the law. Illegal activities include making threats against someone else online, hacking, downloading pirated software, creating bootlegged software, sharing music files online, and for children under age 18, making online purchases;
- Go online with your kids and find out who they send Instant Messages to and/or chat with.



Instruct Your Children

- To never arrange a face-to-face meeting with someone they met online;
- To never upload or post pictures of themselves onto the internet or online service to people they do not personally know;
- To never give out identifying information such as their name, home address, school name, or telephone number;
- To never download pictures from an unknown source, as there is a good chance there could be sexually explicit photos;
- To never respond to messages or bulletin board postings that are suggestive, obscene, belligerent, or harassing;
- That whatever they are told online may or may not be true.

Report It

If you see, hear, or are a victim of bullying, report it to a school official or contact the Safe School Hotline.

Hotline: 310-263-3984

E-mail: safeschools@hawthorne.k12.ca.us

STAND UP • SPEAK OUT • STOP BULLYING NOW!