

## What Parents Can Do if Your Child is Bullied:



**TALK WITH YOUR CHILD.** Do not ignore bullying and hope it will stop.

**CONTACT THE SCHOOL IMMEDIATELY.** Work with the teachers and administrators for help.

**ENCOURAGE PEACEFUL SOLUTIONS.** Be a good role model. Coach your child in non-violence.

**EMPATHIZE WITH YOUR CHILD.** Let them know it is not their fault, and that you're glad they talked to you.

**WORK TOGETHER TO FIND PEACEFUL SOLUTIONS.** Ask your child what they think should be done.

**BE PERSISTENT.** Don't stop if the bullying continues.

**MONITOR:** Monitor your students phone and social media.

### If your child is Cyberbullied...

1. Tell your child not to respond to or forward inappropriate messages or images.
2. Report the cyberbullying to your service provider and school.
3. Contact law enforcement if threats are made.

## STUDENT RESPONSIBILITY:

Students shall take responsibility for helping to create a safe school environment.

- Be Safe
- Be Respectful
- Be Responsible

**NOTE:** Students violating the bullying policy may be subject to consequences or other serious outcomes, including, but not limited to: suspension and/or expulsion.



## LINKS TO LAWS AND RIGHTS:

[stopbullying.gov](http://stopbullying.gov) [PublicJustice.net](http://PublicJustice.net)



**Alum Rock Union School District**  
2851 Gay Avenue, San Jose, CA 95127

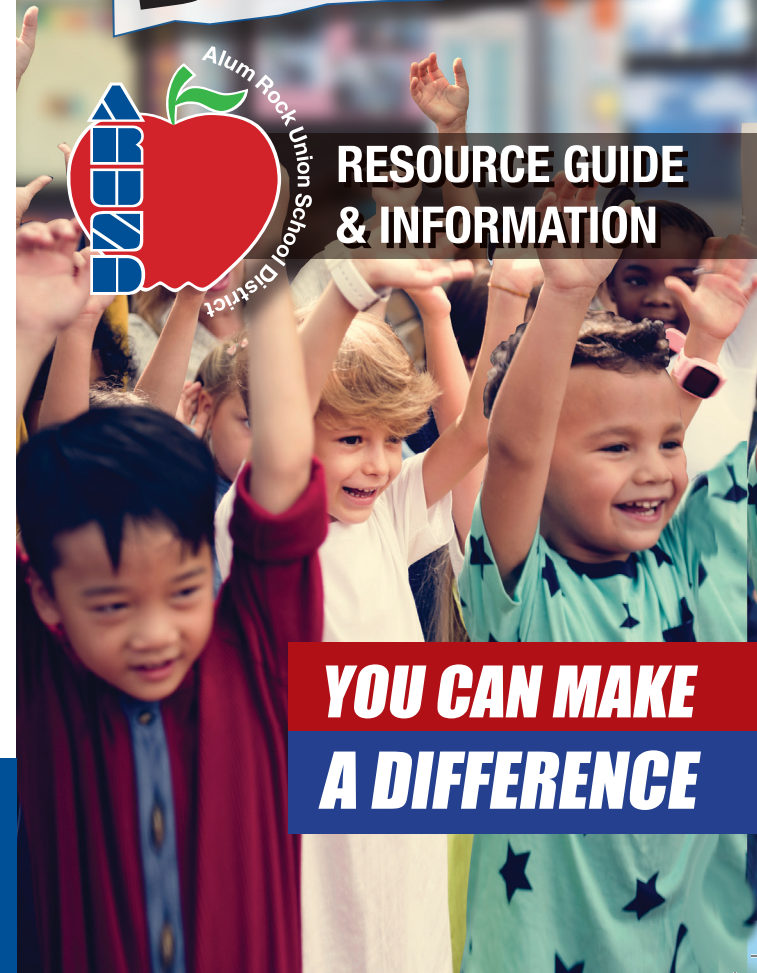
**408-928-6945**  
**FIND OUT MORE AT: [www.arusd.org](http://www.arusd.org)**

*Because your child deserves the most  
inspiring and innovative education!*

# WE STAND UP TOGETHER AGAINST BULLYING!



## RESOURCE GUIDE & INFORMATION



## YOU CAN MAKE A DIFFERENCE



## What is Bullying?

Bullying is any deliberate action that inflicts physical and/or psychological harm. The behavior must be unwanted, severe or pervasive, and interfere with access to education. **BULLYING INCLUDES:**

**VERBAL** Making derogatory comments, teasing, or name calling.

**PHYSICAL** Hitting, kicking, punching, spitting, or shoving.

**SEXUAL** Humiliating someone because of their sex, gender, or sexual orientation (ie: lesbian, gay, bisexual, transgender, questioning).

## STAND UP to Bullies

### If you are Bullied:

- Tell the person who is bullying you to **STOP!**
- **Get HELP Immediately.** Tell your parent, teacher, counselor, or principal. Reporting is not tattling.
- **Do not fight back physically.**
- **Be proud of who you are.**
- **Be strong.** Do not show anger or fear. Students that bully like to see you get upset.
- **Keep safe.** Avoid situations and people where bullying happens.
- **Avoid areas** where few students or teachers are.
- **Sit with a group of friends** at lunch.
- **Walk with friends to class.**
- **Get involved.** Join clubs or organizations.
- **Start a student anti-bullying campaign.**
- **Don't give personal information online.**
- **Don't share your accounts or passwords.**

## SPEAK UP!



### If you witness Bullying:

- **Speak up. Stand up.** It takes just one person to make a difference. If you see bullying, you can say, "Stop, don't bother him" or redirect the situation by saying, "Let's go! The teacher's coming."
- If you see someone being bullied, **don't join in.** If a bully wants your help, say "no" and walk away.
- **Tell an adult.** Don't be a bystander and watch someone being hurt. Tell an adult about the situation. It's not tattling or snitching to keep someone safe.
- **Stop the rumors.** You don't want anyone talking about you, so don't do it to someone else!
- **Be a friend.** Help the person who was bullied. Make sure they are okay.



## CYBERBULLYING IS:

**Sending or posting hurtful or embarrassing** emails, or images, on the Internet, via text, or on social networking sites (e.g., Facebook, Instagram, Twitter).

**Spreading rumors, social exclusion**, isolating others, or forcing people to do things they don't want to do.

