



FAMILY ACADEMY

Health and Wellness

THURS, DECEMBER 7 | 6-7:30 PM



FEDERAL WAY
PUBLIC SCHOOLS





Family Academy Night Harassment, Intimidation, & Bullying



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FEDERAL WAY
PUBLIC SCHOOLS

Harassment, Intimidation, and Bullying

In this workshop, we'll reflect on:

1. Defining Harassment, Intimidation, and Bullying (HIB)
2. Process Scenarios
3. Questions and Discussion



Harassment, Intimidation and/or Bullying

- Any intentional transmission of an electronic or written message or image, or any verbal or physical act.



Harassment, Intimidation and/or Bullying is:

Any intentional electronic, written, verbal, or physical act that:

- Physically or emotionally harms a student or damages the student's property; or
- Has the effect of substantially interfering with a student's education; or
- Is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment; or
- Has the effect of substantially disrupting the orderly operation of the school.

I'm getting
bullied every day.

I was pushed at
recess yesterday.

Steven (who you
thought was a
friend) has been
harassing me.

I seem to get
bumped in the
shoulder walking
to class.

Steven pulled my seat out from under
me and I fell. People laughed at me

HIB – How to Recognize Bullying

Communicate. Talk with and listen to your children every day.

- Ask questions about their school day (Recess & lunch)
- Ask about their friends.
- Observe your children's emotional state



LET'S TALK

HIB - How to Recognize Bullying

Teach and model. Instill in your children the values of respect, responsibility, and resiliency to prevent bullying.

- Create healthy anti-bullying habits, coaching your children on both what not to do (e.g., push, tease, be mean to others) as well as what to do (e.g., be kind, empathize, take turns, be respectful).
- Explain to your child about what to do if someone is mean to him/her or to another student. Tell the bully to stop, then walk away and report it to an adult.
- Model behavior for your children.



What to do when involved with HIB

Recipient of HIB behavior

- Listen
- Assure them that it's not their fault
- Know that they may struggle with talking about it (school counselor, psychologist, mental health services)
- Develop a game plan, give advice (practice)
- Be persistent with open communication (child and school)



Exhibiting HIB behavior

- Make sure child knows what the problem behavior is
- Demonstrate that this must be taken seriously (not tolerable while modeling behavior)
- Work to understand the 'why' the behavior is being exhibited
- Seek opportunities to repair the harm when appropriate
- Consistently follow-up

HIB - How to Report



If you believe your child is being bullied:

1. Contact their teacher or principal in your child's school or file an informal complaint form at the school level. The school is required to conduct an investigation and respond to you with the results.
2. The Harassment, Intimidation or Bullying Complaint Form 3207(1) can be found online and emailed to hib@fwps.org.
3. Contact the police if you believe your child is the victim of malicious harassment and is in immediate danger.

What we covered

1. Defined HIB
2. HIB scenarios



Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey.



Scan QR code,
or visit: www.fwps.org/FamilyAcademySurvey

Encuesta posterior al evento: !Ayúdenos a mejorar!

Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!

Опрос мнения по окончании мероприятия:
Помогите нам учесть недочёты!

پست-نظرسنجی : رویداد به ما کمک می کند
بهبود یابیم!

Breakout 2 Workshops

Native Plant Teachings to Support Wellness | Room B213

Mental Health Needs for Scholars with Disabilities | Room 139

Excused Absences Are No Excuse to Fall Behind | Room 150

Secondary - Dealing with Digital Drama | Room 151