

SOCIAL EMOTIONAL WELLNESS

Created by HEB ISD's Crisis Intervention and Prevention Team



What Is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. **Both kids who are bullied and who bully others may have serious, lasting problems.**

In order to be considered bullying, the behavior must be aggressive and include:

- **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others.
- **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

We are here to help!

The Crisis Intervention & Prevention Team addresses mental health concerns, prevents suicide and self-harm, and creates a positive school environment for all students. You can submit a referral to our team by clicking [HERE](#)

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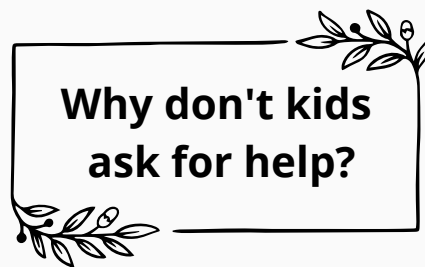
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Kids don't tell adults for many reasons...

- Bullying can make a child feel helpless. Kids may want to handle it on their own to feel in control again. They may fear being seen as weak or a tattletale.
- Kids may fear backlash from the kid who bullied them.
- Bullying can be a humiliating experience. Kids may not want adults to know what is being said about them, whether true or false. They may also fear that adults will judge them or punish them for being weak.
- Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- Kids may fear being rejected by their peers. Friends can help protect kids from bullying, and kids can fear losing this support.



Here are some tips on how to talk to kids about bullying:

- **Talk to your child about what bullying is, the signs of bullying, and whether or not it's going on. Make sure they know that if something happens, in school or online, they should tell you, and together figure out how to work it out.**
- **Have conversations with your child before bullying starts, they may be more likely to come to you if they become a target. That gives you a chance to have a dialogue and role-play with them at home. So-and-so said this; okay, what are a couple of lines they can say if it happens again?**
- **Encourage your child to make a deal with his friends: "If you stick up for me, I'll stick up for you."**
- **Help your child identify people at school they can ask for help: a Teacher, School Counselor, Administrator, etc.**



CYBER BULLYING

Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behavior, aimed at scaring, angering or shaming those who are targeted. Examples include:

- spreading lies about or posting embarrassing photos of someone on social media
- sending hurtful messages or threats via messaging platforms
- impersonating someone and sending mean messages to others on their behalf.

The most common places where cyberbullying occurs are:

- Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok
- Text messaging and messaging apps on mobile or tablet devices
- Instant messaging, direct messaging, and online chatting over the internet
- Online forums, chat rooms, and message boards, such as Reddit
- Email
- Online gaming communities

Face-to-face bullying and cyberbullying can often happen alongside each other. But cyberbullying leaves a digital footprint – a record that can prove useful and provide evidence to help stop the abuse.



What to do if your child is being cyberbullied

- Make sure your child feels safe
- Talk with and listen to your child
- Collect Evidence (screen shots, copies of videos, messages, etc)
- Report the incident to the school or through Friends for Life app on all student's Class Link page or the link under resources : FFL CCS.
- Encourage your child not to react or retaliate to the bullying. Retaliating or reacting to the bullying can often make the situation worse.
- Refrain from contacting the parents of the bully
- Block the bully
- Contact the Police when physical threats are involved



Effects of bullying



Kids Who are Bullied

Kids who are bullied can experience negative physical, social, emotional, academic, and mental health issues. Kids who are bullied are more likely to experience:

- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.
- Health complaints
- Decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss, skip, or drop out of school.

Kids Who Bully Others

Kids who bully others can also engage in violent and other risky behaviors into adulthood. Kids who bully are more likely to:

- Abuse alcohol and other drugs in adolescence and as adults
- Get into fights, vandalize property, and drop out of school
- Engage in early sexual activity
- Have criminal convictions and traffic citations as adults
- Be abusive toward their romantic partners, spouses, or children as adults

Bystanders

Kids who witness bullying are more likely to:

- Have increased use of tobacco, alcohol, or other drugs
- Have increased mental health problems, including depression and anxiety
- Miss or skip school



Resources

Click on links below



**Text HOME
to 741741**
for free, 24/7 crisis
support in the US.



JOY | Just breathe
Open up
You matter



**MIND
ABOVE
MATTER**



stopbullying.gov

