



# TOGETHER AGAINST BULLYING

A GUIDE FOR PARENTS



Beaumont Independent School District  
Leadership Development and Student Discipline

# What is Bullying

Bullying is repeated, intentional harm or harassment directed at a person by one or more individuals. It can take many forms, but it always involves someone exerting power and control over another person.

## Conflict vs. Bullying – What's the difference?

### CONFLICT

- A disagreement where both sides express their views
- Equal power between those involved
- Stop and change behavior upon realizing it hurts someone

### BULLYING

- Goal is to hurt, harm or humiliate
- Person bullying has more power
- Persists despite knowing it hurts someone

## Types of Bullying

- **Physical Bullying:** Involves hurting a person's body or possessions. Examples include hitting, kicking, pushing, or damaging personal items.
- **Verbal Bullying:** Involves saying or writing mean things. Examples include teasing, name-calling, inappropriate sexual comments, taunting, or threatening to cause harm.
- **Social Bullying:** Involves hurting someone's reputation or relationships. Examples include spreading rumors, embarrassing someone in public, or excluding someone on purpose.
- **Cyberbullying:** Involves bullying through digital devices like phones, computers, and tablets. Examples include sending hurtful texts or emails, posting harmful content about someone on social media, or excluding someone online.

# Bullying Tips for Parents

## Open Communication



Encourage your child to talk about their day and listen to their concerns without judgment. Make sure they feel safe sharing their experiences with you.

## Recognize the Signs



Be aware of changes in behavior, such as withdrawal, anxiety, or reluctance to go to school. These could be indicators of bullying.

## Teach Empathy



Help your child understand the impact of bullying and the importance of treating others with kindness and respect.

## Monitor Activity



Monitor your child's online activity and educate them about safe internet practices. Encourage them to speak up if they encounter cyberbullying.

## Lead by Example



Model positive behavior and conflict resolution at home. Show your child how to handle disagreements and stress calmly and respectfully.

## Encourage Positive Relationships



Encourage your child to build strong friendships and support systems. Positive relationships can provide strength and resilience against bullying.



# Partner with BISD to Stop Bullying

Students or parents may report an alleged incident of bullying orally or in writing to a teacher, counselor, principal, or other District employee. Students or parents may also contact the District to obtain an incident report form that may be used to submit the complaint. Call or set up an appointment to talk with your child's teacher or school counselor and establish a partnership to stop the bullying.

More information about the District's bullying policy can be found online at **[www.bmtisd.com/bullying](http://www.bmtisd.com/bullying)** or at the campus administration office.

Together, we can create a safe and supportive environment for all students.

For more information and additional resources about bullying prevention, please visit: [stopbullying.gov](http://stopbullying.gov), [pacer.org](http://pacer.org), and [mhanational.org](http://mhanational.org)

SCAN ME



The content in this brochure has been gathered from numerous antibullying sources.