

**Parent Tutorial on the**  
*Anti-bullying Bill of Rights Act (ABR)*

**Part 2: About Harassment,  
Intimidation and Bullying (HIB)**

# About this tutorial...

- This is the second of four tutorials designed to help parents understand the *Anti-bullying Bill of Rights Act*. Part 1 provides information on the requirements in the ABR, Part 3 focuses on HIB prevention and Part 4 on HIB intervention.
- This tutorial is designed to help parents with children in public schools to understand key issues regarding HIB.
- This tutorial is organized in a question and answer format.
- The following topics are covered in this tutorial:
  - Introduction and HIB facts.
  - The effects of HIB.
  - Who is at-risk for being bullied and for bullying others.
  - Signs that my child is being bullied or is bullying others.
  - What can parents do to address HIB incidents.
- Each tutorial includes resources and questions to test your knowledge.

# Introduction

- The effects of HIB can be harmful for all parties involved.
- Having information about HIB can help prevent HIB and help identify signs of a child's involvement.
- Cooperating with school staff can help prevent and intervene with HIB.

## What is the extent of HIB among youth?

- 32% of students, ages 12 through 18, reported being bullied in the previous year.
- 25% of reporting schools indicated bullying was a daily or weekly problem.

(The US Department of Education's *School Survey on Crime and Safety: 2009–10*.)

## What are some effects of HIB?

- While it is not uncommon for adults to view HIB as "just part of being a kid," HIB is a serious problem that can lead to many serious and lasting negative effects for victims.
- Research studies report HIB has significant effects on those who are bullied, those who bully others and those who witness bullying.
- Most victims remain silent for fear of retaliation or shame, which can lead parents and school and law enforcement officials to underestimate the extent of HIB.
- Student witnesses often do not report incidents.

## Effects of HIB, cont.

People who are bullied:

- Suffer from a wide range of psychological problems, including the following that may continue into adulthood:
  - Increased feelings of sadness and loneliness;
  - Depression;
  - Changes in sleep and eating patterns;
  - Low self-esteem; and
  - Loss of interest in activities.
  
- Have increased thoughts about suicide that may continue into adulthood. In one study, adults who recalled being bullied in youth were three times more likely to have suicidal thoughts or tendencies.
  
- Are more likely to have health complaints. In one study, being bullied was associated with physical health status three years later.

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## Effects of HIB, cont.

People who are bullied suffer from a wide range of school problems, including:

- Trouble concentrating;
- Decreased academic achievement (lower GPA and standardized test scores);
- Decreased school participation;
- Missing or dropping out of school;
- Retaliation through extremely violent measures.
  - In 12 out of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

# Which students or groups of students are more likely to be bullied?

- Research reports indicate that the students or groups of students identified below are at higher risk for HIB than the general student population:
  - Children with special needs.
  - Children with physical conditions or disabilities.
  - Overweight or obese children.
  - Lesbian, gay, bisexual, and transgender (LGBT) youth.
  - Asian students.
  - Latino students.
  - Multiracial students.
  - Black students.

## Which characteristics of students place them at greater risk for being bullied?

Generally, children, teens and young adults who are bullied:

- Do not get along well with others;
- Are less popular than others;
- Have few to no friends;
- Do not conform to gender norms;
- Have low self esteem; or
- Are depressed or anxious.

## How do students typically bully?

- HIB can present itself in many ways. HIB behaviors can be loud and robust in nature or manipulative and passive.
- There are generally four types of HIB behaviors as follows:
  - **Verbal** – Includes taunting, name calling, malicious teasing or making threats.
  - **Psychological** – Includes spreading rumors, purposefully excluding people from activities, breaking up friendships.
  - **Physical** – Includes hitting, punching, shoving, spitting or taking personal belongings.
  - **Cyberbullying** – Includes using the internet, mobile phone, or other digital technologies to harm others.

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# What is the role of parents in addressing HIB?

- Know the signs of bullying.
- Know the characteristics of those who bully.
- Know the school's policies and procedures for reporting and addressing bullying. The specific procedures and timelines required in the ABR are on Part 1– The Law of this tutorial series (slides # 21-25).
- Respond to bullying if signs are observed.
- Be involved in the development of the school district's anti-bullying policy and programs.
- Support the anti-bullying message with your children and friends.

## What is the difference between conflict and HIB?

- Conflict between two or more students is sometimes confused with HIB. However, conflict and HIB are very different.
- **Conflict** most often involves *mutual engagement* in a disagreement between individuals.
  - Conflict, which occurs in everyday life, can range from a simple disagreement over an idea to a verbal argument or a physical fight.
  - During a conflict, name calling, threats and other behavior that may look like HIB can occur.
  - Determining whether an incident is a conflict or HIB requires an examination of the individual facts of each incident. If a conflict results in damaging, violent or disruptive or other behavior, it may be prohibited under a school's code of student conduct and some form of discipline may occur, but the ABR does not apply.
- **HIB** usually involves one or several individuals intentionally committing a mean or violent act against another person or persons who have a hard time defending themselves.
  - When HIB occurs, there is *not* mutual engagement between individuals, but a one-sided victimization of another person or group.
  - The intention is to cause physical or emotional harm to the person.

# What are some signs that my child might be bullied?

Children who are being bullied might:

- Come home with damaged or missing clothing or other belongings;
- Report losing items, such as books, electronics, clothing, or jewelry;
- Have unexplained injuries;
- Complain frequently of headaches, stomachaches or feeling sick;
- Have trouble sleeping or have frequent bad dreams;
- Have changes in eating habits;
- Hurt themselves;
- Be very hungry after school from not eating their lunch;
- Run away from home;
- Lose interest in visiting or talking with friends;

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## Signs of Being Bullied, cont.

- Be afraid of going to school or other activities with peers;
- Lose interest in school work or begin to do poorly in school;
- Suddenly have fewer friends;
- Avoid certain places;
- Act differently than usual;
- Often feel they are not good enough;
- Blame themselves for their problems;
- Appear sad, moody, angry, anxious or depressed when they come home;
- Feel helpless; or
- Talk about suicide or “giving up.”

# What are some of the negative consequences experienced by bullies?

## People who bully others:

- Have a higher risk of abusing alcohol and other drugs as adolescents and as adults;
- Are more likely to engage in early sexual activity;
- Are more likely to get into fights, vandalize property and drop out of school;
- Are more likely to be abusive toward their romantic partners, spouses or children as adults; and
- Are more likely to have criminal convictions and traffic citations as adults. In one study, 60% of boys who bullied others in the middle school years had a criminal conviction by age 24.

# What are some characteristics of bullies?

- Some youth who are at risk for bullying others are more isolated from their peers and may have any of the following characteristics:
  - Depressed or anxious,
  - Low self esteem,
  - Less involved in school,
  - Easily pressured by peers, or
  - Lack of identity with the emotions or feelings of others.
- Additional risk factors for bullying others include the following:
  - Being aggressive,
  - Having less parent involvement,
  - Thinking badly of others,
  - Being impulsive,
  - Being hot-headed and easily frustrated,
  - Having difficulty following rules, or
  - Viewing violence in a positive way.

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## Characteristics of Bullies, cont.

- People who are at risk for bullying others sometimes are well-connected to their peers, have social power, and have one or both of the following characteristics:
  - They are overly concerned about their popularity.
  - They favor dominating or being in charge of others.

# What types of school responses to HIB incidents can parents expect?

- The ABR requires the implementation of a range of responses that are determined by the BOE and implemented, as appropriate, by the principal, in conjunction with the school anti-bullying specialist. The responses must include:
  - Both *corrective actions* and *consequences* that are graded according to the severity of the offenses and that consider the developmental ages of the offenders and their histories of problem behaviors and performance.
  - The responses must include an appropriate combination of counseling, support services, intervention services and other programs.
- Schools are encouraged to develop and implement a range of responses to HIB that includes individual, classroom, school and district actions.

# Where can parents find information on the required school responses?

- Information on required school responses to HIB can be found in the online tutorial for parents titled Part 1: The Law.
- Additional information on responses to HIB can be found in the online tutorial for parents titled Part 4: HIB Intervention.

## Final Points

- It is important to be familiar with and involved in the development of school HIB policies and programs.
- The HIB policy must be made available each year to parents.
- District policy manuals also contain other local rules that affect students, such as codes of student conduct and policies on school attendance and graduation requirements.

## Where can additional information on the ABR and HIB be found?

- The NJDOE's resources on HIB, in general, can be found at <http://www.state.nj.us/education/students/safety/behavior/hib/>.
- The NJDOE's resources on the ABR can be found at <http://www.state.nj.us/education/students/safety/behavior/hib/#si>. These resources include:
  - [\*Anti-bullying Bill of Rights Act\*](#)
  - [\*Questions and Answers Anti-Bullying Bill of Rights Act P.L.2010, c.122\*](#)
  - [\*Guidance for Schools on Implementing the Anti-Bullying Bill of Rights Act\*](#)
- Contact and additional information is available on the Division on Civil Rights Website:
  - [www.NJCivilRights.gov](http://www.NJCivilRights.gov)

# Test

## For the Parent Tutorial “About HIB”

- On the following slides are 10 true or false statements designed to test your knowledge of key points made in this tutorial.
- A slide with each true or false statement is followed by a slide that includes:
  - The true or false answer;
  - An explanation for the answer; and
  - The associated slide number in the tutorial.

## Test Your Knowledge

### Parent Tutorial “About HIB”

1. Based on research reports, only 1% of students, ages 12 through 18, reported being bullied in the previous year.

True or False?

*(Answer on next slide.)*

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## Test Your Knowledge Parent Tutorial “About HIB”

### 1. **False.**

Research reports 32% of students, ages 12-18, reported being bullied in the previous year.

See slide #4.

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## Test Your Knowledge Parent Tutorial “About HIB”

2. People who are bullied suffer from a wide range of psychological problems that may continue into adulthood.

True or False?  
*(Answer on next slide.)*

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# Test Your Knowledge Parent Tutorial “About HIB”

**2. True.**

See slide #6.

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## Test Your Knowledge Parent Tutorial “About HIB”

3. Most victims of HIB remain silent for fear of retaliation or shame, which can lead parents and school and law enforcement officials to underestimate the extent of HIB.

True or False?

*(Answer on next slide.)*

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# Test Your Knowledge Parent Tutorial “About HIB”

**3. True.**

See slide #5.

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## Test Your Knowledge

### Parent Tutorial “About HIB”

4. All students are equally at-risk for being bullied by others.

True or False?

*(Answer on next slide.)*

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## Test Your Knowledge Parent Tutorial “About HIB”

### 4. **False.**

Research reports indicate that some students or groups of students are at higher risk for HIB than the general student population.

See slides #8 and #9.

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## Test Your Knowledge Parent Tutorial “About HIB”

5. There are four types of general HIB behaviors.

True or False?

*(Answer on next slide.)*

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# Test Your Knowledge Parent Tutorial “About HIB”

**5. True.**

See slide #10.

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## Test Your Knowledge Parent Tutorial “About HIB”

6. There are no identifiable characteristics of or risk factors for bullies.

True or False?  
*(Answer on next slide.)*

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# Test Your Knowledge Parent Tutorial “About HIB”

**6. False.**

See slide #16.

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## Test Your Knowledge Parent Tutorial “About HIB”

7. There is no difference between conflict and HIB.

True or False?  
*(Answer on next slide.)*

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## Test Your Knowledge Parent Tutorial “About HIB”

**7. False.**

Conflict and HIB are very different.

See slide #12.

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## Test Your Knowledge

### Parent Tutorial “About HIB”

8. Bullies are more likely to get into fights, vandalize property and drop out of school.

True or False?

*(Answer on next slide.)*

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# Test Your Knowledge Parent Tutorial “About HIB”

**8. True.**

See slide #15.

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## Test Your Knowledge

### Parent Tutorial “About HIB”

9. There are no specific signs or symptoms that could tell a parent that their child is being bullied.

True or False?

*(Answer on next slide.)*

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# Test Your Knowledge Parent Tutorial “About HIB”

**9. False.**

See slides #13 and #14.

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## Test Your Knowledge Parent Tutorial “About HIB”

10. The ABR provides no requirements for schools to respond to HIB incidents.

True or False?  
*(Answer on next slide.)*

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# Test Your Knowledge Parent Tutorial “About HIB”

**10. False.**

See slide #18.

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