



Innovate, Collaborate, Educate:
**Learning Beyond the Classroom
for Future-Ready Families**

Thursday, October 16 | 6-7:30 pm



**FEDERAL WAY
PUBLIC SCHOOLS**



Stronger Together: A FamilySchool Approach to...

Bullying Prevention

Family Acader



Warm Welcome

- Please share your name & grade level of your child(ren).
- What is one way that you connect at home as a family?





Session Overview

STOP BULLYING

1

Recognize

Identify different types of bullying behavior

2

Identify

Learn about the warning signs to watch for in your child

3

Prevent

Strategies to build resilience at home

4

Respond

Steps to take if your child may be involved in bullying



1

RECOGNIZE BULLYING

In WA State, HIB is defined as...

Harassment, Intimidation, and Bullying means any intentional written message or image (including those that are sent electronically), verbal communication, or physical act, **including but not limited to** one motivated by race, color, religion, ancestry, national origin, gender, sexual orientation, gender expression or identity, mental or physical disability or other distinguishing characteristics, when this:

- **Physically 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.**

Types of Bullying Behavior

Physical

- Hitting
- Pushing
- Damaging Property



Verbal

- Name - calling
- Threats
- Insults



Social/ Relational

- Exclusion
- Spreading rumors
- Public embarrassment



Cyberbullying

- Online harassment
- Digital threats
- Sharing inappropriate content





2

**IDENTIFY WARNING
SIGNS**

Warning Signs of Bullying

Younger children might be more open, direct about what is happening.

Adolescents may not be as likely to share their experience.

- Unexplained injuries
- Damaged belongings
- Changes in eating or sleeping patterns
- Loss of friends, more isolated
- Declining academic performance
- Reluctance to attend school
- Lower self - esteem

Tips If My Child is Being Bullied...

- Check in with yourself first
- Talk with your child
- Tell them you are there to support and help
- Empower them to create a plan to help stop the bullying together
- Communicate with school staff about the plan
- Continue to check in with your child and keep communication open



3

PREVENT



TALK WITH YOUR CHILD



TATTLING VS. TELLING

Explain the difference
Ask your child who they can talk to at school

SUPPORT

Show empathy
Take them seriously
Focus on solutions



DEFINE BULLYING

Ask your child what is bullying?
Share examples



ASK & LISTEN

Check in with your child
Listen without judgment
if they share a concern



Tips If My Child Sees Bullying Behavior...

- Let your child know how powerful they are
- Tell them not to join in
- Encourage your child to tell an adult, if needed
- Encourage your child to support the student being bullied

Bullying Prevention



**The
UPstander**

UPstanders **say** or **do**
something.



4

RESPOND

ENGAGING WITH SCHOOL



ESTABLISH EARLY CONNECTION

- Communicate with teacher(s)
- Meet school administrators
- Attend school events, as able



REPORT ANY CONCERN

- Teacher, School Administrators, Counselor
- Describe concern with detail:
 - Date, time
 - People involved
 - Impact on child

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.

Tips If My Child is Engaging in Bullying Behavior

- ❑ Talk with your child to find out why they are bullying
- ❑ Try to understand your child's feelings and perspective
- ❑ Role play social situations and help your child understand how others feel when they are bullied
- ❑ Be realistic and patient- it takes time to change behavior!





Questions?

Thank You!

Feedback Survey

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

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 : رویدادبه ما کمک می کند
بهبود یابیم!



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



THANKS

Do you have any questions?

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