




# BULLYING PREVENTION



Bullying is any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners, involving an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm.

## How to Report a Tip

 **Call** 713.222.TIPS (8477)

 **Text** TIP610 plus your tip to CRIMES (274637)

 Use our **Mobile App**  
Download app name: Crime Stoppers Houston

 Go to [crime-stoppers.org](http://crime-stoppers.org)

Tipsters will remain anonymous and could be eligible for a cash reward of up to \$5,000.

## Did you know?

- Bullying is a form of violence - not conflict!
- In 2015, 11% of students in Houston did not go to school at least one day because they felt unsafe.
- Every 7 seconds a child is bullied.
- Nearly 1 in 3 students has reported being bullied, yet 64% of children being bullied did not report it.
- 71% of school shooters had been victims of bullying.



## FOR PARENTS

### Prevention

- Explain bullying to your child.
- Foster social connections by encouraging your child to play a sport or join a club at school and creating opportunities for them to interact and make friends.
- Be a role model to your child and remember that children will see what you do before they hear what you say.
- Be involved in their school, ask if they have an anti-bullying initiative.

### If your child is being bullied

- Support your child and listen without judgment.
- Contact and work with the school to help resolve the problem.



## FOR STUDENTS

### Prevention

- Use respectful language and behavior.
- Be assertive, appear confident.
- Avoid being alone in the hall, bathroom or walking home.

### Be a friend

- Support those who are being bullied, whether you know them or not – on and offline.
- Don't join in just to fit in!
- **REPORT!** Tell a trusted adult (parents, relative or teacher).



## FOR EDUCATORS

### Prevention

- Understand the difference between conflict and bullying.
- Be vigilant and proactive.

### If a student reports

- Take action!
- Listen attentively and without judgement (never blame or disregard).
- Separate kids involved and make sure everyone is safe.
- Be discreet and speak to those involved individually.
- Gather all the details and ask to see any evidence.



# CYBERBULLYING PREVENTION



Cyberbullying is bullying that takes place using electronic technology to harass, threaten, embarrass, or target another person. It can be more harsh since it is far reaching and might take away a sense of safety at home.

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## Did you know?

- 90% of adolescents own or have access to a mobile phone.
- Adolescents spend an average of 7.5 hours a day on digital media. Out of those, approximately 1.5 hours are spent sending and receiving an average of 60 texts messages daily.
- 52% of students have reported being cyber bullied.
- 58% have not told their parents or an adult about something mean or hurtful that happened to them online.
- 53% of kids admit having said something mean or hurtful to another person online, more than 33% have done so more than once.



## FOR PARENTS

- Charge electronics for your child overnight.
- Teach your child to trust their instincts and to tell you if anything makes them feel uncomfortable.
- Safeguard all electronic devices by adjusting settings such as privacy and filters.
- Turn location services off for social media, games and camera:
  - + Apple devices: settings -> privacy -> location services
  - + Android devices: settings -> privacy & safety -> location
- Teach your child how to block and report anyone who reaches out to them privately, makes them feel uncomfortable, and/or asks for personal information.
- Discuss your child's digital reputation: Sexting, terroristic threats and inappropriate/illegal content can have lasting social, academic or/and criminal consequences.



## FOR STUDENTS

Online perpetrators come in all shapes and sizes: an older teen, young adult, even someone you know. Trust your instincts and remember it is never your fault if you are victimized!

- Remember that anything you post online will stay online indefinitely, even if your accounts are private.
- Ask for assistance with settings.
- Save evidence such as screenshots and document any incidents of wrongdoing.
- Block anyone who reaches out privately, makes you feel uncomfortable or asks for personal information.
- Tell a trusted adult if someone you know is connecting with you privately and making you feel uncomfortable or confused.
- Keeping telling trusted adults or law enforcement until you receive the help you need.
- Do not make jokes that are threats.



## FOR EDUCATORS

Even though bullying pertains to schools – if an issue is initiated online and carries over to school – it's bullying. Review the Student Code of Conduct to communicate expectations.

Our **Cyber Safety presentation** educates participants on actual and potential online threats including highlighting the tricks and tools predators use, cyberbullying, and revealing too much information. Houston area cases are used in conjunction with tools and information provided by the Center of Missing and Exploited Children. Satisfies state mandate TEC §21.451.

Three versions available: • Primary: PK – 3rd grade • Tweens: 4th – 6th grade • Teens: 7th – 12th grade [Approximately 45 minutes each]