BULLYING
PREVENTION TIPS

CRIME STOPPERS
CALL 713.222.TIPS

BULLYING a single significant act or a pattern of acts by one or more students directed at another student that exploits an imbalance of power and involves engaging in written or verbal expression, expression through electronic means, or physical conduct that satisfies the applicability requirements provided by Subsection (a-1) of the Texas Educational Code.

CYBERBULLYING is bullying that takes place using electronic technology, such as chat rooms, instant messaging, social media, or other forms of digital electronic communication. With apps and technology changing all the time, unfortunately some use them as new ways to bully.

DID YOU KNOW?

12%
of Houston area students reported that they were **electronically bullied** within the last year, and **14%** reported being **bullied on school property** within the last year.
- CDC 2021 Youth Risk Behavior Survey

1 IN 5
young people report having **skipped school** becuase of cyberbullying
- UNICEF

DAVID'S LAW
makes cyberbulling **a punishable offense** in Texas.

Older teen girls experience the **highest rates of online harassment.**
- Pew Research

PREVENTION

Parents, educators, mentors, coaches, and trusted adults play an important part in a child's life when helping to mitigate and prevent bullying and cyberbullying behavior:

- **Help kids understand bullying** – define what it is, how it happens and how to combat and cope with it safely.

- **Help create a safety plan** – brainstorm ideas on what steps to take when they witness or experience a bullying situation.

- **Keep the lines of communication open** – check in on kids often and help them identify trusted adults and resources.

- **Financial Abuse** – denying access to your money, closely monitored allowance, maxing out credit cards / open accounts in your name without permission, refusing to contribute in the household or provide money for necessities or shared expenses.

- **Encourage kids to do what they love** – relying on healthy protective factors can help boost confidence, make friends, and lower risk of bullying behavior or becoming a target.

CONVERSATION STARTERS

Bullying and cyberbullying often goes unreported making it difficult for parents and schools to identify and manage bullying situations. Consider the following to encourage dialogue with your student:

- What were the best two things about today and the worst two thing about today?
- If you could be a superhero and help other kids, what powers would you have?
- Ask them to describe what a bully is.
- Who are the adults you can talk to if you are scared or worried?
- What happens when you see other kids get pushed around or teased?
- What do you think parents or teachers can do to help stop bullying? Help to identify service providers for counseling, assistance, or legal services.

PARTNERS

- **Davidslegacy.org:** a non-profit organization whose mission is to eliminate cyber and other bullying, of children and teens, through education, legislation, and legal action.
- **Stopbullying.gov:** provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.
- **Safeschools.info:** The Center for Safe Schools is committed to preventing and reducing the incidents of bullying in schools through technical assistance, training, evaluation, and research.
- **Bark.us:** Bark helps keep more than 5.6 million children across the U.S. safe online and in real life. Bark monitors online activities for potential issues like cyberbullying, sexual predators, adult content, depression, acts of violence, suicidal ideation, and more.
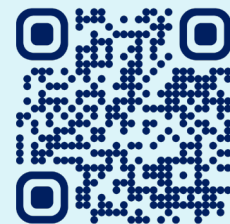
WHERE TO REPORT

- **Cyber Tipline:** Report explicit content being shared online. Visit **report.cybertip.org** or call 1-800-843-5678.
- **Crime Stoppers of Houston Anonymous Tip Line:** Available 24/7, call 713-222-TIPS (8477) or online at **crime-stoppers.org/our-programs/how-it-works**.
- **Stop Bullying**
  - » **Stopbullying.gov**
  - » 1-800-273-8255 (English)
  - » 1-888-628-9454 (Español)

RESOURCE CENTER

We are committed to keeping you safe. Visit our resource center on our website at **crime-stoppers.org/resource-center**.

Scan the QR code for more info!