

Bullying Prevention

Bullying hurts.

PART 2



Knowing what's right doesn't mean much unless you do what's right.

~Franklin Roosevelt

The Jeffrey Johnston Act

In 2005, at age 15, honors student Jeffrey Johnston died by suicide after he decided he could no longer endure a life of relentless torment by the cyberbully who had targeted him for more than three years.

In Jeffrey's honor, his family made sure that other Florida children now have one of the toughest anti-bullying measures in the nation to help protect them.

Florida Statute [1006.147](#), also known as *The Jeffrey Johnston Stand Up For All Students Act*, passed in 2008. It requires all Florida school districts to institute anti-bullying policies that specifically ban harassment and intimidation, including when it is done online. Districts are now mandated to create diligent reporting procedures, to conduct prompt investigation of allegations, and to outline consequences for students and school employees who violate the policy.

Parents, school staff, and other adults in the community can help children prevent bullying by talking about it, building a safe school environment, and responding to bullying behavior quickly and consistently to send the message that it is not acceptable.



PREVENTION SERVICES

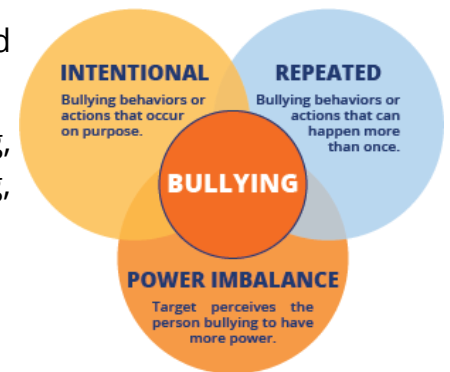
IN THIS ISSUE

FS 1006.147	1
What Is Bullying?	2
Bullying Chart	2
Cyberbullying	3
SDLC Videos	3
Upstanders	3
Signs of Bullying	4
District Policy	4
Reporting	4

What is Bullying?

Bullying is intentional, aggressive behavior that is repeated and involves a real or perceived power imbalance between the person bullying and the target. Bullying that occurs through e-mail, websites, blogs, text messaging, digital video, and online chat rooms is called cyberbullying. Other considerations include:

- The power derived by the person who bullies can be from physical size, strength, verbal skill, popularity, or gender.
- A target of bullying often feels tormented, helpless, and defenseless.
- Bullying can include hitting, name-calling, threatening, intimidating, kicking, spreading rumors, teasing, pushing, tripping, exclusion, or destroying someone's belongings.



Bullying must include all three criteria:

Intentional - Behaviors or actions that occur on purpose.

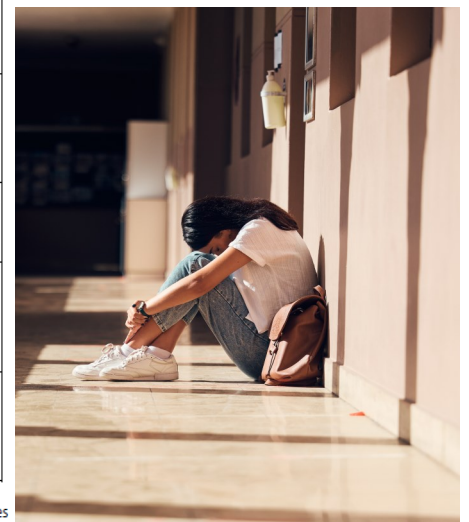
Repeated - Behaviors or actions that happen more than once.

Power Imbalance - Students who bully use their power – such as physical strength, access to embarrassing information, or popularity – to control or harm others.

CONFLICT	RUDE	MEAN	BULLYING
Occasional	Occasional	Once or Twice	Is REPEATED
Not planned/in the heat of the moment	Spontaneous/often unintentional behavior	Intentional behavior	Is often planned and done on purpose
All parties are upset	Can upset and cause hurt feelings	Can hurt others deeply	Can cause serious, life-long emotional damage
All parties want to work it out	Often based in thoughtlessness or poor manners	Often based in anger; impulsive cruelty	The bully is trying to gain power or control over the target
All parties will accept responsibility	Rude person should accept responsibility	Behavior is often regretted	The bully often blames the target
An effort is made by all parties to solve the problem	Apology	Apology is often sufficient	The target wants the bully's behavior to stop
Can usually be resolved through mediation	Social skill building could be of benefit	Needs to be addressed/should not be ignored	Cannot be resolved through mediation, should be reported



More than one in five students report being bullied.



Source: Adapted from Jennifer Astles, DASA Newsletter, January 2014, TST BOCES and modified by the School District of Lee County, Student Services

Typical peer conflict, rude, or mean behavior is **NOT** the same as bullying.

Cyberbullying

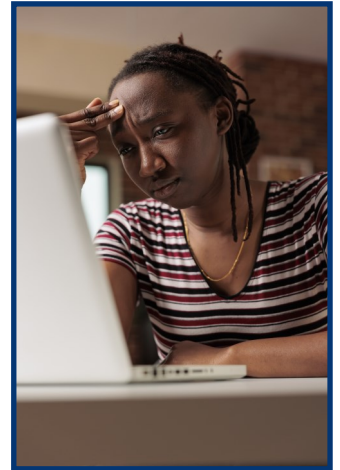
Cyberbullying is bullying that takes place over digital devices and can occur through text messages and apps, or online in social media, forums, or gaming. It involves sending, posting, or sharing negative, harmful, false, or mean content about someone else, and can include personal or private information intended to cause embarrassment. This form of bullying can be very difficult to detect. Cyberbullying has unique concerns in that it can be:

Persistent - Digital devices offer an ability to immediately and continuously communicate 24 hours a day, so it can be difficult for children experiencing cyberbullying to find relief. The information can be easily and quickly shared, which makes it difficult to contain or stop negative messages.

Permanent - Most information communicated electronically is permanent and public, if it is not reported and removed. A negative online reputation, including for those who bully, can impact college admissions, employment, and other areas of life.

Hard to Notice - Because teachers and parents may not overhear or see cyberbullying taking place, it is harder to recognize.

Anonymous - Anonymous cyberbullying is a rising trend. Young people are increasingly using fake names on accounts to abuse others, so the target may not even know who is harassing them. This makes it difficult to hold the cyberbully accountable.



To view Prevention Service's "Cyberbullying" video, please visit our [Bullying Prevention webpage](#)



Bystanders and Upstanders

Bullying situations usually involve bystanders - those who watch bullying happen or know about it. Unfortunately, the greater the number of bystanders, the less likely it is that any one of them will help.

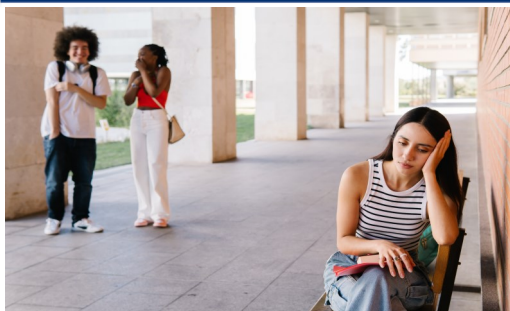


Upstanders are people who stand up for the target; they have the power to play a key role in preventing or stopping bullying. They may directly intervene (if they feel safe to do so) by discouraging the person bullying, defending the target, or by redirecting the situation. An upstander may also provide an escape for the target, or get help by reporting the bullying to an adult.

57% of bullying situations STOP In 10 seconds when 1 peer intervenes

80% of bullying situations STOP In 10 seconds when 2 peers intervene

90% of bullying situations STOP In 10 seconds when 3 peers intervene



When it's the kids who speak up, it's 10 times more powerful than anything that we'll ever be able to do as an adult.

~Walter Roberts, Ed.D., author of *Working With Parents of Bullies and Victims*

Is Your Child Being Bullied?

If your child exhibits one or more of these warning signs, they may be experiencing bullying.

- Withdraws socially, has few or no friends
- Loses interest in favorite activities
- Frequently complains of illness
- Does not want to go to school
- Changes in eating or sleeping patterns
- Has unexplainable injuries
- Brings home damaged possessions or reports them as lost
- Cries easily; displays mood swings

PACER's [Bullying Prevention 101](#) are quick guides with helpful tips for both students and parents.

SDLC Bullying and Harassment Policy

The School District of Lee County, in compliance with Section 1006.147 of Florida Statute, prohibits and will not tolerate bullying or harassment of any student or employee. All students and employees have the right to feel respected, secure, and safe while participating in school and school-related activities.

Schools are required to investigate all bullying complaints in a timely manner. Parents of both parties involved are notified that an investigation is occurring, as well as the outcome. However, parents will not be given information about consequences given to students other than their own children, due to confidentiality laws.

The District's [Policy 5517.01](#) describes what behaviors are considered bullying, harassment, and cyberbullying. All school employees are required to report alleged acts of bullying and harassment to the principal within twenty-four hours. All other members of the school community, including students, parents, volunteers, and visitors, are also encouraged to report any act that may be a violation of this policy to the principal.

How Do I File a Bullying Report?

To report a suspected bullying incident, parents may:

- Contact their child's school by phone or email to make a report to the school principal
- Make a report to the principal at the school in person
- Complete the Bullying Complaint Form found online at [leeschools.net](https://www.leeschools.net) and turn it in to the school's Administrative Office or to the Lee County Public Education Center - Student Services Department.

[Bullying Complaint Form](#)