Bullying Quiz

Check the boxes if you’ve done any or all of these things in your past or present life so far. Answer HONESTLY.

- You’ve teased someone, been mean to them, made fun of the way they look or speak.
- You’ve spread rumors about someone at work, school, or in your neighborhood.
- You’ve called a person bad (derogatory) names and/or have publicly humiliated them.
- You’ve repeatedly kicked, shoved, punched or physically pushed another person – just because!
- You've spread rumors, humiliated, and/or posted negative photos about someone through email, instant messenger, text message, or created a web site with negative posts about them.
- You and your friends have intentionally and for no reason kept another person from a conversation, inviting them to a gathering, or from joining you at any group activity.
**BULLYING: TIPS FOR PARENTS**

Cheri Kahn  
Educational Specialist, Behavior/Discipline  
210-370-5702  
cheri.kahn@esc20.net

---

**FACT OR MYTH**

<table>
<thead>
<tr>
<th>Myth</th>
<th>Fact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents are often unaware that their children are bullying/cyberbullying others.</td>
<td>Victims will always tell their parents they are being bullied.</td>
</tr>
<tr>
<td>Bullying always involves physical aggression (hitting, shoving, kicking, etc.).</td>
<td>The most common form of bullying is VERBAL.</td>
</tr>
<tr>
<td>Kids that are bullied are mostly loners and students with disabilities.</td>
<td>Bullying is more likely to occur on school grounds than on a bus.</td>
</tr>
</tbody>
</table>
SB 179 - David's Law
85th Texas Legislative Session

Relating to harassment, bullying, and cyberbullying of a public school student or minor and encouraging certain mental health programs for public school students; increasing a criminal penalty, providing a civil remedy.

EDUCATION CODE

Law amends the Education Code provisions regarding bullying to better define and encompass cyberbullying. It encourages school districts to establish a district-wide policy related to bullying prevention and mediation. It provides for anonymous reporting for students, includes cyberbullying off campus and after school hours, and modifies the parental/guardian notification procedure. It provides flexibility in the disciplinary placement or the expulsion of students engaged in certain types of very serious bullying. It authorizes school principals to report certain incidents of bullying to local law enforcement, and provides protection from liability for doing so. It expands the scope of instruction that can satisfy continuing education requirements for classroom teachers and principals to include instruction related to grief-informed and trauma-informed strategies. It requires the Texas Education Agency (TEA) to maintain a website with resources related to student mental health needs.

WHO IS COVERED BY THIS LAW

Public schools, as well as open-enrollment charter schools, are subject to this law. Private schools are not included.

DEFINING CYBERBULLYING

"Cyberbullying" as defined in David's Law means bullying arising from a pattern of acts or one significant act that is done through the use of any electronic communication device, including a cellular or other type of telephone, a computer, a camera, electronic mail, instant messaging, text messaging, a social media application, an Internet website, or any other Internet-based communication tool.

WHERE THIS LAW APPLIES

Because of David's Law, "cyberbullying" is now more specifically included in the definition of "bullying" in the Education Code.

The bullying provisions in the Education Code (including pre-existing law and changes made by David’s Law) apply to:

• Bullying that occurs on or is delivered to a school property or to the site of a school-sponsored or school-related activity on or off school property;

• Bullying that occurs on a publicly or privately owned school bus or vehicle being used for transportation of students to or from school or a school-sponsored or school-related activity;

• Cyberbullying that occurs off school property or outside of a school-sponsored or school-related activity if the cyberbullying interferes with a student’s educational opportunities or substantially disrupts the orderly operation of a classroom, school, or school-sponsored or school-related activity.

(This expansion of a school district’s authority to include off-campus incidents is one of the most significant aspects of David’s Law.)

NOTICE OF CYBERBULLYING

David’s Law requires the board of trustees of each school district to have the notice procedures under its bullying policy provide for notice of an incident of bullying:

• To a parent or guardian of the alleged victim on or before the third business day after the date the incident is reported (the specification of three business days being new); and

• A parent or guardian of the alleged bully within a reasonable amount of time after the incident (as under pre-existing law).

WHO CAN REPORT

David’s Law makes it possible for students to anonymously report an incident of any type of bullying, including cyberbullying. (Parents and teachers can still report bullying, but a procedure for anonymous reporting is only required for reporting by students.)

The principal or a person designated by the principal (other than a school counselor) is authorized under David’s Law to make a report of certain bullying that rises to the level of being a crime to any school district police department or the police department of the municipality in which the school is located. If the school is not in a municipality, the person reporting the bullying can contact the sheriff of the county in which the school is located.

Additionally, a person who is not a school employee but is employed by an entity that contracts with a district or school to use school property is not required to make a report and may not be designated by the principal to make a report.

Furthermore, strong protections from civil or criminal liabilities, and from disciplinary action, are given to schools and school personnel who report criminal bullying to law enforcement officials under this law.

ENGAGING IN CERTAIN BULLYING

This law authorizes a school to remove a student who is engaging in bullying activity from class and place them in a disciplinary alternative education program or expel them if they encourage a student to commit or attempt to commit suicide; incite violence against a student through group bullying; or release or threaten to release intimate visual material of a minor or of a student who is 18 years of age or older without the student’s consent.
COUNSELOR’S ROLE

David’s Law provides that in addition to a school counselor’s responsibilities, the counselor will serve as an impartial, non-reporting resource for interpersonal conflicts and discord involving two or more students, including accusations of bullying. This role will not exempt a school counselor from any mandatory reporting requirements imposed by other provisions of law.

PREVENTION

The new law adds the following to the areas that are to be covered by the list prepared and maintained by the Department of State Health Services of recommended best practice-based programs for implementation in public schools (from which school districts may select for implementation in the district):

• Early mental health intervention;
• Mental health promotion;
• Substance abuse prevention;
• Substance abuse intervention;
• Suicide prevention;
• Grief-informed and trauma-informed practices;
• Skills related to managing emotions, establishing and maintaining positive relationships, and responsible decision-making;
• Positive behavior interventions and supports and positive youth development; and
• Safe and supportive school climate.

RESOURCES

The Texas Education Agency, in coordination with the Health and Human Services Commission, will create and maintain a website to provide resources for school employees regarding working with students with mental health conditions. The website information must include:

• Grief-informed and trauma-informed practices;
• Building skills related to managing emotions, establishing and maintaining positive relationships, and responsible decision-making;
• Positive behavior interventions and support; and
• A safe and supportive school climate.

CIVIL RELIEF FOR CYBERBULLYING OF MINOR

David’s Law creates a new avenue of civil relief for cyberbullying victims who are minors by allowing a cyberbullying victim younger than 18 years of age at the time the cyberbullying occurs (or a parent of or person standing in parental relation to that victim) to seek injunctive relief, such as a temporary restraining order and/or an injunction, against the cyberbully, with some of the requirements normally applicable to injunctive relief being significantly relaxed.

Also, these victims will be able to have the court issue an injunction against not only the cyberbully, but also against the cyberbully’s parents, requiring those parents to take action to stop their child from cyberbullying.

This law requires the Texas Supreme Court to make available to the general public easy-to-understand forms and instructions (both in English and in Spanish) that can be used to apply for initial injunctive relief in suits involving cyberbullying under David’s Law.

CRIMINAL HARASSMENT STATUTE

David’s Law changes Section 42.07 of the Penal Code, better known as the Harassment Statute, to more fully and clearly include the modern Internet-based communication tools and methods perpetrators use to cyberbully their victims.

Also, under the changes made by David’s Law, if a person commits an offense under the cyberbullying provision of the Harassment Statute, it is a Class A misdemeanor (rather than merely a Class B misdemeanor) if:

• The offense was committed against a child under 18 years of age with the intent that the child commit suicide or engage in conduct causing serious bodily injury to the child; or
• The person has previously violated a temporary restraining order or injunction issued under the new civil provisions in David’s Law (discussed above).
TYPES OF BULLYING

**Direct**
- Verbal
- Physical
- Psychological

**Indirect**
- Exclusion
- Gossip
- Relational Aggression

TYPES OF CYBERBULLYING

- Excluding
- Impersonating
- Outing
- Cyberstalking
- Dissing
- Flaming

IS MY CHILD A BULLY? THE WARNING SIGNS...

- Positive views towards violence/aggression
- Marked need to control and dominate others and situations
- Manipulates the relationships of others (to be mean)
- Hot tempered, impulsive, easily frustrated
- Often test limits or break rules
- Good at talking their way out of difficult situations
- Show little sympathy toward others
- Quick to interpret accidents or other neutral events as deliberate acts of hostility
- Have two or three friends who are also aggressive
BULLYING
CHECKLIST
FOR SCHOOLS

PLEASE READ BEFORE USING CHECKLIST

To determine whether an act is bullying or cyberbullying by law, proceed down the checklist and provide a checkmark for each true statement. If any identified section does not receive at least one checkmark, then the act is not considered bullying by state law.

SB 179, “David’s Law” expanded authority to school districts, allowing public and charter schools to address cyberbullying off-campus and outside of school-related or school-sponsored activities based on specific criteria. In order to address this legislative change, this checklist may help parents, educators, and administrators determine if a student at their school has been bullied according to the legislative definition. Please follow the conditional ‘yes/no’ logic for the questions regarding the use of electronic communication devices in possible bullying scenarios.

Did the act occur outside of a school-sponsored or school-related activity?

(This is an important distinction, as David’s Law expands a school district’s authority to include cyberbullying incidents that occur off campus and outside a school-sponsored or school-related activity, as long as it meets one of the below criteria.)

Did the act interfere with a student’s educational opportunities; or substantially disrupt the orderly operation of a classroom, school, or school-sponsored/related activity?

According to law, if the act DID NOT meet the criteria above, it is not under the school district’s authority.

IS IT BULLYING?

Was it a single significant act? ☐
Was it a pattern of acts? ☐

By one or more students directed at another student that exploits an imbalance of power ☐

Through physical contact ☐
Using verbal expression ☐
Using written expression ☐
Using electronic means ☐

Physically harms a student or damages their property ☐
Creates reasonable fear of harm to student or damage to their property ☐

Is sufficiently severe, persistent, or pervasive enough that the action or threat creates:

Intimidating educational environment ☐
Threatening educational environment ☐
Abusive educational environment ☐

Materially and substantially disrupts the educational process or operation of school ☐

Infringes on rights of victim at school ☐

Was the act committed by using any type of electronic communication device?

(i.e. Cellular or other phone, computer, camera, e-mail, text or instant messaging, social media app, Internet website, Internet communication tool)

Yes ☐
No ☐

On school property ☐
At a school-sponsored or school-related activity (on or off campus) ☐
On school bus or vehicle used to transport students ☐

YES, IT’S BULLYING

(Cyberbullying is bullying)

TEXAS STATE
Texas School Safety Center
www.txssc.txstate.edu

Oct. 2017
IS MY CHILD A TARGET? THE WARNING SIGNS...

- Changes in sleep habits – experiencing nightmares, wetting the bed, having difficulty sleeping or excessively sleeping
- Refusing to leave home
- Reluctant to go to school – complains of illness/headaches before school
- Does not want to ride school bus
- Experiencing a sudden drop in grades
- Coming home hungry (missing lunch)
- Waiting to get home to use the bathroom
- Anxious and nervous in social situations
- Increased anger or frustration without cause
- Difficulty making and keeping friends
- Terrified to defend themselves
- Unexplained wounds

BULLYING VS. PEER CONFLICT

**Normal Peer Conflict**
- Equal power or are friends
- Happens occasionally
- Accidental
- Not serious
- Equal emotional reaction
- Not seeking power
- Remorse-will take responsibility
- Effort to solve the problem

**Bullying**
- Imbalance of power
- Significant or repeated negative action(s)
- Intentional
- Physical or emotional harm
- Unequal emotional reaction
- Seeking control/material things
- No remorse-blames target
- No effort to solve the problem
If your child tells you about a situation and you aren’t sure if it’s bullying, use this checklist:

1. Does your child feel hurt, either emotionally or physically, by the other child’s behavior?
2. Has your child been the target of the negative behavior more than once?
3. Does your child want the behavior to stop?
4. Is your child unable to make the behavior stop on their own?

If the response to one or more of these questions is “yes,” the more likely it is that the behavior would be considered bullying.

TIPS FOR THE TARGET (VICTIM)

Teach them Resilience….

Empower your kids to solve their own problems

HOW to Respond:
1. REMEMBER….Bullying is a GAME
2. Don’t get upset….INSTEAD…stay calm and be resilient
3. Treat them like a friend…use the GOLDEN RULE!

Golden Rule Game:  https://www.youtube.com/watch?v=NLD9iqDbgyw
1. Provide a loving relationship for your child
2. Set clear standards of behavior and enforce limits
3. Teach relationship skills
   - Social skills
   - Assertive vs. Aggressive response
   - How to deal with difficult peers
4. MODEL APPROPRIATE BEHAVIOR
   - Empathy
   - Mindfulness
   - Conflict Resolution
   - Rich “feelings” vocabulary
5. Become involved in school life
6. Build a network of other parents
7. Share your own bullying stories

---

WHAT CAN YOU (THE PARENT) DO TO HELP?

- Avoid over- or under-reacting
- Encourage child to talk about the incident
- Avoid dismissing the experience
- Provide extra support and encouragement
- Avoid placing blame on the child
- Encourage child to talk to another adult if they don’t want to talk to you
- If possible, encourage child to stay away from the bully as school deals with the situation.
- Talk with the school staff and/or officials immediately and keep logs of all correspondences. (i.e., dates and times, summary of conversations, who you met with, etc.)

Document, Document, Document
THE IMPORTANCE OF EMPATHY

➢ Model an awareness of how others may be feeling and your reaction to their emotions
  ▪ Repeatedly ask these questions:
    1. How is that person feeling?
    2. How can you tell he/she is feeling that way?
    3. How would you feel if it happened to you?

➢ Help your child become more effective at reading the body language, tone of voice, and non-verbal communication of others

HELPFUL RESOURCES

▪ www.stopbullying.gov
▪ https://www.tolerance.org/classroom-resources/tolerance-lessons/developing-empathy
▪ www.stopcyberbullying.org
▪ www.bam.gov/sub_yourlife
▪ www.bullying.org
▪ www.bullyfree.com
▪ http://schools.uknowkids.com/cyberbullying-prevention-at-saratoga-high-school-saratoga-ca/
▪ http://cybersmartcurriculum.org/
  ▪ Free curriculum addressing cyber bullying
TALKING POINTS for PARENTS:

When you are talking with your children about HARASSMENT, INTIMIDATION, AND BULLYING...

1. Make sure that your child knows that it is not their fault.
2. Let the child know that they do not have to face being bullied alone.
3. Gather as much information as possible. Look at your child’s behavior and style of interaction. Consider how you might help him/her to handle these types of situations. Do not blame the victim or the bully.
4. Don’t advise the child to fight the bully - they can get hurt and in more trouble. Instead help your child practice the following skills:
   a. Walk away.
   b. Take a deep breath.
   c. Use a strong voice and say, “Leave me alone” or “Stop it”!
   d. Buddy up with a friend.
   e. Find a trusted adult and get help.
5. Do not try to mediate the situation nor try to work it out because the child could be victimized further.
6. Tell your child to report bullying immediately to a trusted adult and help the child list the adults available in all situations (home, school, and community).
7. Contact your child’s school for help, each school has an Anti-Bullying program to follow.
8. When all else fails contact your local police department.
Questions to ask when you are talking with your child’s school:

On Bullying Education...

- Do students receive information on bullying, sexual harassment and racial discrimination? Are they taught about the different roles kids/adolescents play as witnesses, participants, or instigators? Do teachers discuss with the students how gender, race, age or sexual identity can affect the rates of bullying?
- What are the school’s policies and rules related to bullying, harassment and discrimination?
- Has the school initiated any strategies or programs to stop bullying? For example, is there an anti-bullying/harassment committee at the school? Is the school planning a Safe School Forum this year?
- How does the school react to bullying behavior? Is there an immediate suspension, or are there reparation attempts made? For example, mediation, restitution or reconciliation. When are the parents called? Are problems between students talked about at school assemblies or in the classroom? Are students allowed to speak freely about problems they are having with other students in a safe and supported environment?

On Students’ Safety...

- Are adults supervising students when they are on school property? How?
- What, if any, protection can you offer my child at school?
- Does the school have support groups for students? Is the safety of students a priority in these groups?
- Is there a plan to provide activities and arrange the classroom and playground to reduce bullying, harassment and discrimination?
- Does the school offer one-on-one counselling for students who are being bullied?
- If I feel my child’s teacher/administration is not addressing the bullying problem effectively, where can I turn?

On Student Rehabilitation...

- If a student is suspended or expelled from school for bullying, is there a way to do homework? Is counselling made available to help the student get ready to go back to school?
- Does the school offer one-on-one counselling for students who have problems with aggression? Can parents be a part of the counselling? Does the school teach students about peaceful, non-violent ways to solve problems?