



# Bullying Prevention Newsletter

Camden City Public Schools

Volume 1, Issue 1

January 2013

## What is Bullying?

HIB means any gesture, any written, verbal or physical act, or any electronic communication, whether it be a single incident or series of incidents, that:

- Is reasonably perceived as being motivated by any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability, or by any other distinguishing characteristic,
- Takes place on school property, at any school-sponsored function, or off school grounds as provided for in section 16 of P.L. 2010, c 122,
- Substantially disrupts or interferes with the orderly operation of the school or the rights of other students, and that:
- A reasonable person should know, under the circumstances, will have the effect of physically or emotionally harming a student or damaging the student's property, or placing a student in reasonable fear of physical or emotional harm to his person or damage to his property;
- Creates a hostile educational environment for the student by interfering with a student's education or by severely or pervasively causing physical or emotional harm to the student.

## Warning Signs That Your Child May Be a Victim of Bullying. Your Child May:

- Come home with torn, damaged, or missing pieces of clothing, books, or other belongings.
- Have unexplained cuts, bruises, and scratches from fighting.
- Have few, if any, friends with whom he or she spends time.
- Seem afraid of going to school, walking to and from school, riding the school bus, or taking part in organized activities with peers (such as clubs or sports).
- Take a long, "illogical" route when walking to or from school.
- Lose interest in school work or suddenly begins to do poorly in school.
- Appear sad, moody, teary, or depressed when he or she comes home.
- Complain frequently of headaches, stomachaches, or other physical problems.
- Have trouble sleeping or frequent bad dreams.
- Experience a loss of appetite.
- Appear anxious and suffer from low self-esteem.

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## What To Do If Your Child Is Being Bullied:

When children are involved in bullying, it is important for parents to be willing to take action. Children often do not tell their parents that they are being bullied because they are embarrassed or frightened. If you suspect your child is being bullied or your child brings it up, consider these steps:

- **Talk with your child.** Focus on your child. Express your concern and make it clear that you want to help.
- **Empathize with your child.** Say bullying is wrong, that it is not their fault, and that you are glad they had the courage to tell you about it.
- **Work together to find solutions.** Ask your child what they think can be done to help. Reassure them that the situation can be handled privately.
- **Document ongoing bullying.** Work with your child to keep a record of all bullying incidents. If it involves cyber bullying, keep a record of all messages or postings.
- **Help your child develop strategies and skills for handling bullying.** Provide suggestions for ways to respond to bullying, and help your child gain confidence by rehearsing their responses.
- **Be persistent.** Bullying may not be resolved overnight.
- **Stay vigilant to other possible problems that your child may be having.** Some of the warning signs may be signs of other serious problems. Share your concerns with a counselor at your child's school.

*Stopbullying.gov*

## Ways to start a conversation about bullying with your child.

- Do you know what bullying is?
- Are there any bullies in your school?
- Have you ever seen anyone be bullied? What was that like for you? How did it make you feel?
- Is anyone at school mean to you?
- Does anyone at school leave you out of activities?
- Have you ever wanted to stay home from school because of the way someone was treating you?
- Who are your friends at school? Tell me about what makes them so special to you.



### WE NEED YOU

Camden City Public Schools is making every effort to ensure that your child is learning in a safe environment free from harassment, intimidation, and bullying. Please feel free to visit your child's school to discuss these efforts and learn what you can do to help.

Andrea Damiani, M.Ed., LCSW  
Anti-Bullying Coordinator  
Camden City Public Schools  
Office of Safety and Security  
201 N. Front Street  
Camden NJ 08103  
(856) 966-2000 ext 38502