



Escondido Union School District
STOP BULLYING... It begins with ME

Bullying Definition

Bullying is a form of violence that involves one or more individuals using power to chronically control and/or intentionally demean, embarrass, or harm another individual or group. (California Department of Education, 2003)

Bullying may be physical (hitting, kicking, spitting, destroying property), verbal (taunting, name calling, insults, threatening), or emotional (spreading rumors, excluding from activities, humiliating, or intimidating). Bullying may occur face to face or through the internet, cell phones or other electronic means (cyberbullying).

What is Bullying?	What is NOT Bullying?
<i>Purposeful actions against another person</i>	<i>Actions done by accident to another person</i>
<i>Actions taken to control or harm another person</i>	<i>Actions taken within a conflict with a friend</i>
<i>Repetitive actions against another person</i>	<i>A one-time action against another person</i>

How do I know if my child is being bullied?

Ask the following questions of your child:

- Were the incidents an accident or purposeful?
- Did the incidents take place multiple times?
- Was the same person (s) initiating the aggressive behavior?
- Who else was involved in the incidents?
- How did you feel when the incidents took place?

What can I do if my child is the target of bullying?

- Listen to your child’s descriptions of the incidents
- Show appreciation for your child’s openness
- Discuss possible solutions with your child
- Encourage assertiveness (say “stop”, walk away, and talk to an adult)
- Report incidents of bullying to your child’s school principal or assistant principal

Escondido Union School District staff takes all reports of bullying seriously. Contact your school principal or assistant principal, or use the EUSD online bullying reporting form, to report bullying.

California Department of Education. (2003) *Bullying at School*. Retrieved on January 14, 2012 from <http://www.cde.ca.gov/ls/ss/se/documents/bullyingatschool.pdf>

My Child is Being Bullied. (n.d.). Retrieved on January 14, 2012 from http://www.stopbullying.gov/parents/my_child_is_being_bullied/index.html

Ross, S., Horner, R., and Stiller, B., (2010) *Bullying Prevention in Positive Behavior Support*. Retrieved January 14, 2012 from http://www.pbis.org/common/pbisresources/publications/bullyprevention_ES.pdf

