

What Parents can do . . .



Bullying is everyone's problem.
You can help prevent or resolve the problem.

Contact the school. Teachers and administrators can help.

Empathize with your child.
Help them consider strategies to keep safe.

Encourage positive leadership.
Be a good role model.

Work together to find peaceful solutions.
Ask your child what they think can be done to help.

If the behavior is criminal, contact law enforcement.

Be persistent. If the bullying continues,
contact the school again. They need to know.

Cyber bullying



Do not respond to or forward inappropriate messages or images. Block and report the cyberbullying by contacting your service provider.



Contact law enforcement
if threats are made.

S T U D E N T

Responsibilities



You can help create a safe & affirming school environment.

Be Safe • Be Respectful • Be Responsible

Students violating the policy may be subject to consequences, including, but not limited to suspension, expulsion and arrest.

LAUSD Resources



Human Relations, Diversity & Equity
(213) 241-8719
<http://achieve.lausd.net/human-relations>

Educational Equity Compliance & Project 10

Concerns regarding harassment/ discrimination or bias based on actual or perceived race, religion, sexual orientation or gender
(213) 241-7682. www.eeco.lausd.net

Los Angeles School Police Department

Report criminal behavior (213) 625-6631
www.friendsofsafeschools.org
Anonymously report weapons on campus (213) 742-8201

Additional Resources

www.stopbullying.gov	www.netsmartkids.org
www.fbi.gov	www.commonssensemedia.org
www.onguardonline.gov	www.stophazing.org
California Youth Crisis Hotline (800) 843-5200	

TOGETHER WE STAND

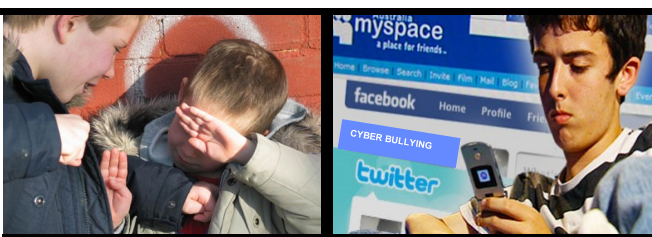


Los Angeles Unified School District
Student Health & Human Services

Human Relations, Diversity & Equity

<http://achieve.lausd.net/human-relations>

(213) 241-8719



What is **BULLYING**?

Bullying is deliberate, aggressive and unwanted behavior with the intention to inflict physical or psychological harm. The behavior must be severe or pervasive, and interfere with access to education. Bullying can be:

VERBAL

Hurtful, derogatory comments, mean teasing or name calling.

PHYSICAL

Hitting, kicking, punching, spitting or shoving.

SEXUAL

Harassing someone due to their actual or perceived sex, gender, gender identity, gender expression, or sexual orientation

SOCIAL

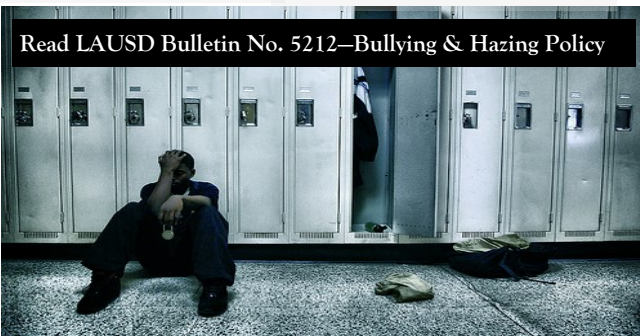
Spreading rumors, isolation, exclusion, leaving people out, or forcing people to do things they don't want to do.

CYBER

Mean or embarrassing messages, images, rumors, videos or fake profiles that are texted, emailed or posted on social media

HAZING

Humiliating, degrading, or dangerous activity expected of someone joining or participating in a group regardless of their willingness to participate.



If you feel like you're being bullied

- Tell the person who is bullying you to STOP!
- Get HELP. Talk to your parents, teacher, counselor, principal, or your school's Bullying Complaint Manager.
- Be proud of who you are. Do not give your power away.
- Be proactive. Wherever possible, avoid situations where bullying occurs.
 - ⇒ Stay in areas where there are students or teachers.
 - ⇒ Sit with friends at lunch.
 - ⇒ Take different routes through hallways and walk with friends to your classes.
 - ⇒ *Never* share your personal sign-on information or passwords!
- Get involved. Join a group that promotes kindness, peace and respect.
- Bullying is different than friendly teasing or a disagreement. Every relationship has conflicts. Was it an honest misunderstanding or intent to hurt? Can you talk it out with the other person?

SPEAK UP!



IF YOU WITNESS BULLYING ...

Speak up. Stand up. One person can start a movement; together we can make a difference. If you see bullying, say, "Stop, don't bother him" or redirect the situation by saying, "Let's go! "

Don't join in. If you see someone being bullied, don't join in or encourage it by laughing.

Get help. Don't just stand there watching someone being hurt. Be a hero. Get help from an adult who is in charge. It's not tattling or snitching to keep someone safe. You can ask the adult to keep your identity private.

Stop the drama. You don't want anyone talking about you! Let the gossip end with you—don't pass it on.

Be a friend. Help the person who was bullied. Make sure they are okay. Encourage them to talk to an adult. Invite them to join you for lunch or other things.

