

## Get Help Now

If you have done everything you can to resolve the situation and nothing has worked, or someone is in immediate danger, there are ways to get help.

The problem	What you can do
There has been a crime or someone is at immediate risk of harm.	Call 911.
Someone is feeling hopeless, helpless, thinking of suicide.	Contact the <a href="#">National Suicide Prevention Lifeline</a> online or at 1-800-273-TALK (8255). The toll-free call goes to the nearest crisis center in our national network. These centers provide 24-hour crisis counseling and mental health referrals.
Someone is acting differently than normal, such as always seeming sad or anxious, struggling to complete tasks, or not being able to care for themselves.	Find a local <a href="#">counselor or other mental health services</a>
A child is being bullied in school.	Contact the: School Bullying Representative School counselor School principal School superintendent State Department of Education

There are many other types of aggressive behaviors that don't fit the definitions of bullying. This does not mean that they are any less serious or require less attention than bullying. Rather these behaviors require different prevention and response strategies.

### CONTACT A REPRESENTATIVE TODAY:

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## Legacy Preparatory Charter Academy

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# WHAT PARENTS CAN DO!



# STOP BULLYING NOW!

### Peer Conflict

It is not bullying when two kids with no perceived power imbalance fight, have an argument, or disagree. Conflict resolution or peer mediation may be appropriate for these situations.

### Harassment

Although bullying and harassment sometimes overlap, not all bullying is harassment and not all harassment is bullying. Under federal civil rights laws, harassment is unwelcome conduct based on a protected class (race, national origin, color, sex, age, disability, religion) that is severe, pervasive, or persistent and creates a hostile environment.

### Stalking

Stalking is repeated harassing or threatening behavior such as following a person, damaging a person's property, or making harassing phone calls.

### Early Childhood

Young children may be aggressive and act out when they are angry or don't get what they want, but this is not bullying.

### Young Adults

Behaviors that are traditionally considered bullying among school-aged youth require special attention and different strategies in young adults and college students

### Teen Dating Violence

Teen dating violence is intimate partner violence that occurs between two young people who are, or once were, in a relationship.

### Hazing

Hazing is the use of embarrassing and often dangerous or illegal activities by a group to initiate new members.

### Gang Violence

There are specialized approaches to addressing violence and aggression within or between gangs.

## GET THE FACTS!

### WHEN YOUR CHILD IS THE VICTIM

- Encourage your child to report any problems
- Keep documentation of instances-this will help you communicate the extent of the problem to school officials
- Talk with the teacher, counselor, or principal about the problem
- Do not try to fix the problem by confronting the bully or the bully's parents
- Guide your child through the process of addressing the problem, alongside them, empowering them to take appropriate steps to address the issue
- Notify the school administration immediately if your child is physically threatened

### WHEN YOUR CHILD IS THE BULLY

- Be a positive role model
- Reinforce positive and kind behavior
- Teach your child how to be respectful and show anger appropriately
- Seek professional assistance, if necessary

### IF YOUR CHILD IS A BYSTANDER

- :
- Encourage your child to report the incident immediately to school officials
  - Have your child support the victim by including him or her in social activities

### When cyberbullying is the problem

- Document messages or posts
- Avoid interaction online—block future messages or emails, avoid any problem websites
- Discuss the situation with your child's school. Problems may extend from school to home, or home to school.
- Always think about what you post
- Keep password a secret from other kids
- Keep your parents in the loop
- Talk to an adult you trust



Once you have determined if the situation is bullying, support the kids involved:

- Listen and focus on the child
- Assure the child that bullying is not their fault
- Know that kids who are bullied may struggle with talking about it.
- Give advice about what to do
- Work together to resolve the situation and protect the bullied child.
- Be persistent
- Follow-up

### Avoid these common mistakes:

- Don't ignore it. Don't think kids can work it out without adult help.
- Don't immediately try to sort out the facts.
- Don't force other kids to say publicly what they saw.
- Don't question the children involved in front of other kids.
- Don't talk to the kids involved together, only separately.
- Don't make the kids involved apologize or patch up relations on the spot.

### WHEN BULLYING DOESN'T STOP!

Follow-up with school personnel (remember the law does not allow school personnel to discuss discipline, consequences, or services given to other children)

### If you are not satisfied with the response from the school

Contact the school district office and take the appropriate steps to file a grievance

### When the issue goes beyond bullying and appears to be harassment

Contact the Office Of Civil Rights for more information and to file a complaint