



How do I talk to my child about bullying?

- Talk to your child about what bullying is and make sure he or she understands that it is unacceptable behavior. It is never too early to bring it up.
- Keep the lines of communication open with your child – know your child's friends, ask about the school day, listen to any questions or concerns that arise.
- Tell your child to talk to you or a trusted adult at school if he or she is ever bullied – or ever witnesses an incident of bullying.
- Model how to treat others with respect and understanding.
- Encourage your child to be involved in activities he/she enjoys to boost confidence and self-esteem.

What do I do if I think my child is being bullied?

- Get as much information as you can from your child – What? When? Who? How? Where?
- Listen. Don't blame.
- Don't call it bullying until you've gathered all of the facts.
- Contact your child's teacher, school principal, or the school's Dignity Act Coordinator. These individuals are trained in the DASA requirements and can help you and your child.

What do I do if I think my child is bullying others?

- Talk to your child about the specific behavior and why it is wrong.
- Calmly tell your child that bullying will not be tolerated.
- Ask your child WHY he or she bullied? Try to understand the reasons and offer solutions.
- Use consequences to teach – not humiliate.
- Call your child's teacher, principal, social worker, or guidance counselor to talk about what happened and strategies for moving forward.
- Continue to talk to your child about how his or her behavior impacts others.

The Dignity for All Students Act requires each school to have a Dignity Act Coordinator. This person is a valuable resource for parents or children in a bullying situation.

WEB RESOURCES:

- **NYSED: Dignity Act Resource Guide** - A Resource and Promising Practices Guide for School Administrators & Faculty
[<http://www.p12.nysed.gov/dignityact/resourceguide.html>]
- www.stopbullying.gov

"No student shall be subjected to harassment or bullying by employees or students on school property or at a school function; nor shall any student be subjected to discrimination based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, or sex."

(State Education Laws of 2010, Effective: July 1, 2012)



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DIGNITY EDUCATION RESPECT

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DASA
NEW YORK STATE
Dignity for All
Students Act

DIGNITY

words

actions

safety

learning

concern



In July 2010, the Dignity for All Students Act – or DASA – was established to promote a safe and supportive learning environment in all public and charter schools, free from harassment and discrimination from students and adults.

Examples of bullying include, but are not limited to:

- **Verbal:** Name-calling, teasing, sexual comments, taunting and threatening to cause harm.
- **Social:** Spreading rumors about someone, excluding others on purpose, telling other children not to be friends with someone and embarrassing someone in public.
- **Physical:** Hitting, punching, shoving, kicking, pinching, spitting, tripping, pushing, taking or breaking someone's property and making mean or rude hand gestures.

Be aware that not all children who are bullied exhibit warning signs.

How do I know if my child is involved in bullying?



Signs that a child is being bullied:

- Unexplainable injuries;
- Lost or destroyed clothing, books, electronics or jewelry;
- Feeling sick or faking illness;
- Difficulty sleeping or frequent nightmares;
- Avoidance of certain areas, like the playground or restroom;
- Declining grades, loss of interest in school;
- Sudden loss of friends or avoidance of social situations;
- Decreased self-esteem; and/or
- Self-destructive behaviors, like running away or talk of suicide.

Signs that a child is bullying others:

- Getting into physical or verbal fights;
- No regard/disrespect for other people's feelings;
- Disrespecting authority and/or rules;
- Unexplained extra money or new belongings;
- Blaming others for problems;
- Lying to get out of trouble;
- Deliberately hurting pets or animals;
- Using anger to get what he/she wants;
- Refusing to accept responsibility for actions.

To learn more about the Dignity for All Students Act, visit: www.p12.nysed.gov/dignityact

RESPECT

REMEMBER:

Bullying almost always requires adult intervention.

Kids can play many roles in a bullying situation. There are KIDS WHO BULLY, KIDS WHO ARE BULLIED, and THOSE WHO WITNESS BULLYING. Most kids play more than one role in bullying over time.

All of these kids may be at risk for negative outcomes, like depression or thoughts of suicide.

