



BULLYING POLICY & DEFINITIONS

Iowa Department of Education
Anti-Bullying/Harassment Webpage

U.S. Uniform Definition of Bullying

“Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

- An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.”

Defined by the Federal Office of Education and other Federal Partners

There are instances when one action of bullying is severe or impactful enough to be bullying.

Stopbullying.gov

The official site of the Federal Partners for bullying prevention and intervention. You will find resources for parents at this link.

GENERAL WEBSITES REGARDING BULLYING

Creating Safe and Welcoming Schools: A Parents Role

Learn the critical role parents play in the prevention of bullying, harassment and discrimination. From the national PTA:

National Association of Elementary Principals - 20 Questions Parents Ask Principals About Bullying

Violence Prevention Works

Protecting your children from bullying and support safe schools. Common signs of bullying in children/youth, how bullying affects people, how to talk with educators, what to do if your child is being bullied, bullies others or is a witness to bullying. Learn how to advocate for bullying prevention in schools.

CYBERBULLYING & SOCIAL MEDIA

Cyberbullying resources for parents Age appropriate advice, resources and more. What cyberbullying is, what to do if your child is bullied online, teaching safe online behaviors, when parents should intervene, etc.

KnowBullying App

Simple conversation starters to begin discussion with your child. The app also features bullying prevention tips, bullying warning signs, reminders to talk with your child, social media options, and a section for educators. Download to your cell or tablet.

OnGuardOnline.gov

Guidance for parents to help reduce risks to their children involved in socializing online. Texting, sexting, mobile phones, cyberbullying, child identity theft and more

Parent's Guide to Facebook

Designed to teach parents how to help their teens strengthen their privacy *and safety on Facebook*.

Parent Guides to Social Media Sites and Apps.

Short, clearly written guidebooks about current social media apps, services and platforms that are popular with kids and teens. These are free to download and print.

DISCRIMINATORY HARASSMENT & BULLYING

Anti-Defamation League Bullying Prevention and Intervention tips for families

Pacer- National Bullying Prevention Center

The Pacer Center gives guidance to parents if your child is experiencing bullying, if your child with disabilities is experiencing bullying, if your child shows bullying behavior or witnesses bullying.

Welcoming Schools: Bullying and Name Calling

Welcoming Schools, a project of the Human Rights Campaign Foundation, provides an LGBT-inclusive approach to addressing family diversity, gender stereotyping, bullying, and name-calling in K-5 learning environments. The Bullying and Name Calling webpage provides definitions, tips for elementary school educators, lesson plans, and films.