

# BULLYING, CYBERBULLYING, HARASSMENT

Bullying and cyberbullying, harassment and intimidation, hazing and bias behaviors are unsafe and do not reflect respect for others as defined by the Schenectady City School District Code of Conduct. The district has adopted a Bullying/Cyberbullying Policy (#7552) which states: Bullying, like other disruptive or violent behaviors, is conduct that disrupts both a student's ability to learn, an educator's ability to teach, and threatens classroom and school safety. Cyberbullying is defined as harassment or bullying that occurs through any form of electronic communication. The district is committed to providing a school environment that values and teaches respect for all.

If you or someone you know is a target of bullying, harassment or intimidation, you can report it on the DASA complaint form, available on the district website or in the main office and counseling office of every school. You can also report it through "Let's Talk" on the district website or by telling a staff member, who will respond quickly.

## **If you are being bullied:**

- ◆ Tell someone—a parent, teacher, counselor
- ◆ Calmly tell the student to stop ... or say nothing and walk away

## **If you know someone who is being bullied:**

- ◆ If you feel safe, be an "upstander" and
  - Tell the bully to stop by saying, "It's not right to treat someone like that."
  - Offer support to the student being bullied. Be a friend.
  - Don't encourage the bully by laughing or joining in.
  - Tell other bystanders how to help stop bullying.
- ◆ If you don't feel safe
  - Tell an adult.
  - Encourage the bullied student to talk to someone.

## **What do I do if my child is bullying others?**

- ◆ Develop clear and consistent rules within your family for your child's behavior.
- ◆ Praise and reinforce your child for following rules and use non-physical consequences for rule violation.
- ◆ Carefully supervise and monitor your child's activities.
- ◆ Know who your child's friends are and how and where they spend free time.
- ◆ Encourage your child to get involved in pro-social activities, such as clubs, music or sports.
- ◆ Share your concerns with your child's teacher, counselor and/or principal.
- ◆ Work together to send clear messages to your child that bullying must stop.
- ◆ If you need additional help, talk with a school counselor or mental health professional.
- ◆ Educate yourself on social media platforms.