

# What can Parents do . . .



Talk with your child. Do not ignore the problem and hope it will go away.

Contact the school immediately. Work with the teachers and administrators. They can help.

Encourage peaceful solutions. Be a good role model. Do not coach your child in becoming violent.

Empathize with your child. Tell him or her that it is not their fault, and that you're glad he or she had the courage to talk to you.

Work together to find peaceful solutions. Ask your child what he or she thinks can be done to help.

Contact law enforcement if the aggressive behavior is criminal and appears to be escalating.

Be persistent. If the bullying continues or escalates, contact appropriate people again. Don't give up.

# Cyber bullying



Tell your child not to respond to or forward inappropriate messages or images.

Block and report the cyberbullying by contacting your service or telephone provider



Contact law enforcement if threats are made.

# S T U D E N T

## RESPONSIBILITY



Students shall take responsibility for helping to create a safe 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) 241-5337

<http://humanrelations.lausd.net>

### Educational Equity Compliance & Project 10

Concerns regarding the harassment/ discrimination of students, including bias based on sexual orientation or gender identity. (213) 241-7682

### Los Angeles School Police Department

Report criminal behavior (213) 625-6631 [www.friendsofsafeschools.org](http://www.friendsofsafeschools.org)

Anonymously report weapons on campus (24/7) call (213) 742-8201

### Additional Resources

[www.netsmartkids.org](http://www.netsmartkids.org)

[www.teenangels.org](http://www.teenangels.org)

[www.onguardonline.gov](http://www.onguardonline.gov)

California Youth Crisis Hotline

[www.youthcrisisline.org](http://www.youthcrisisline.org)

[www.stopbullying.gov](http://www.stopbullying.gov)

[www.common sense media.org](http://www.common sense media.org)

[www.fbi.gov](http://www.fbi.gov)

(800) 843-5200

# TOGETHER WE STAND UP AGAINST BULLYING!



# YOU CAN MAKE A DIFFERENCE

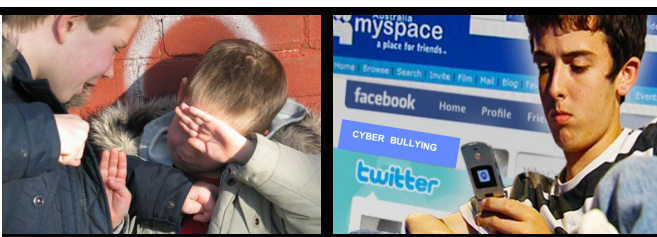


Los Angeles Unified School District  
Office of the Superintendent

**SCHOOL OPERATIONS**

Human Relations, Diversity & Equity

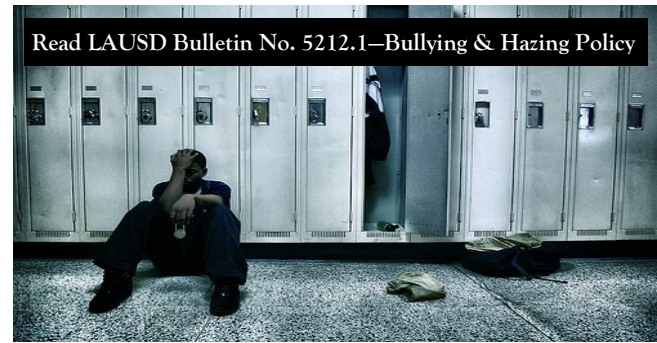
**(213) 241-5337**



# What is **BULLYING**?

**Bullying** is any deliberate action that inflicts physical or psychological harm. The behavior must be unwanted, severe or pervasive, and interfere with access to education. Bullying includes:

- VERBAL**  
Making derogatory comments, teasing, or name calling.
- PHYSICAL**  
Hitting, kicking, punching, spitting or shoving.
- SEXUAL**  
Humiliating someone because of their sex, gender or sexual orientation (lesbian, gay, bisexual, transgender, questioning).
- CYBERBULLYING**  
Sending or posting hurtful or embarrassing e-mails, images, on the internet, via text, or other electronic device. or on social networking sites (e.g., Facebook, Instagram, Twitter).
- SOCIAL**  
Spreading rumors, isolation, social exclusion, leaving people out, or forcing people to do things they don't want to do.



Read LAUSD Bulletin No. 5212.1—Bullying & Hazing Policy

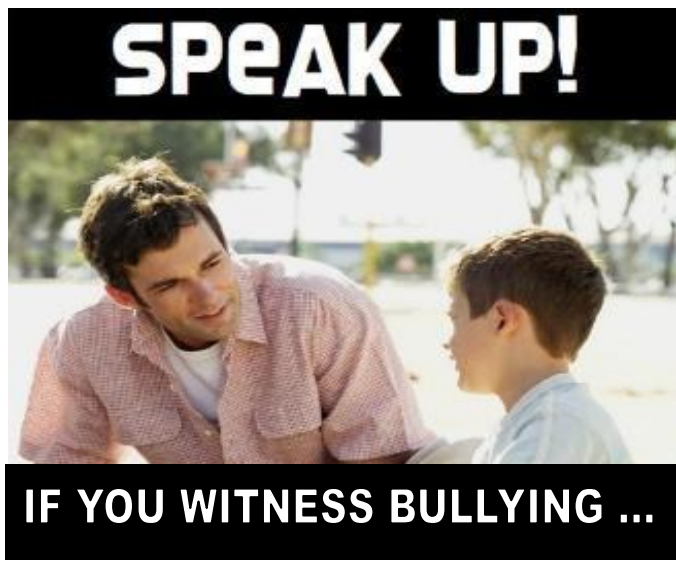


## Stand up to bullies

~~FIGHT BACK!~~ Don't let them control you.

# If you are bullied

- Tell the person who is bullying you to STOP!
- Get HELP Immediately. Tell your parents, teacher, counselor, or principal. Reporting is *not* tattling or snitching.
- Do not fight back physically.
- Be proud of who you are.
- Be strong. Do not show anger or fear. Students that bully like to see that they can upset you.
- Keep safe. Avoid situations and people where bullying happens.
  - ⇒ Avoid areas where there are few students or teachers.
  - ⇒ Sit with a group of friends at lunch.
  - ⇒ Take different routes through hallways and walk with friends to your classes.
- Get involved. Join clubs, organizations, student groups that promote safety and respect.
- Start a club or an anti-bullying campaign to promote peace and tolerance.
- Never share your personal information or give your password to friends.



- Speak up. Stand up.** It takes just one person to start a movement; together we can make a difference. If you see bullying, you can say, "Stop, don't bother him" or redirect the situation by saying, "Let's go! The teacher's coming."
- Don't join in.** If you see someone being bullied, don't join in. If the bully wants your help, say no, and walk away.
- Tell an adult.** Don't be a bystander and watch someone being hurt. Tell an adult about the situation. It's not tattling or snitching to keep someone safe. You can ask the adult to keep your identity
- Stop the rumors.** You don't want anyone talking about you, so don't do it to someone else! Let the gossip end with you—don't pass it on to others. Tell them you're not interested in gossip.
- Be a friend.** Help the person who was bullied. Make sure he or she is okay. Encourage him or her to talk to an adult. You can also invite that person to join you for lunch or other things.

