



# Bullying 101



## What is Bullying?



A combination of an imbalance of power, an intent to cause harm, and repetition

## Impact of Bullying

### Education

School avoidance, loss of academic achievement and increase in drop out rates

### Health

Physical and emotional including stomachaches, headaches, sleeping issues, depression, fear or anxiety

### Safety

Harm to self or others, Including self-isolation, increased aggression, alienation and retaliation

## Types of Bullying



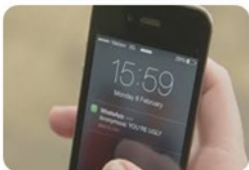
**Verbal**—teasing, insults, using embarrassing information, saying or writing threatening remarks



**Physical**—slamming into lockers, knocking books out of victim's hands, taking money, hitting



**Social**—purposely excluding someone from a group, making racist comments, making fun of someone's disability (often involves bullying by more than one person)



**Cyber**—using the internet, social networks, cell phones, etc. to hurt others



- One out of every five students (20.8%) report being bullied
- Children with disabilities are 2-3x more likely to be bullied
- 64% of children who were bullied did NOT report it
- When students in special education report bullying, they are told not to tattle almost twice as often as students not in special education

Sources of information include [www.pacer.org](http://www.pacer.org), [www.stopbullying.gov](http://www.stopbullying.gov), and [www.disabilityrightscsca.org](http://www.disabilityrightscsca.org)

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## What to do First

1. Stay calm and be a support to your child
2. Get the story of the bullying as accurate as possible from your child
3. Take notes and document everything
4. Notify the school district immediately in writing
5. Familiarize yourself with the district's policy on prohibiting bullying, as well as the complaint process for investigation and resolution

*(in cases of a serious incident, call the police immediately)*

## The Law is on Your Side!

**California Ed Code** states every school must have an anti-bullying policy and a complaint procedure (with timelines and appeals process) in place. Further, schools are encouraged to implement strategies such as trainings and other activities that will reduce bullying.



Disability harassment is a form of discrimination, per of the Office of Civil Rights, and violates **Section 504 of the Rehabilitation Act and Title II of the Americans with Disabilities Act**.

**The Individuals with Disabilities Education Act (IDEA)** was enacted to ensure students with disabilities receive a free and appropriate public education (FAPE) that enables them to access and benefit from public education as set forth in their IEP. Bullying of a student decrease their ability to benefit and may be a denial of FAPE.

## Other Actions

- ◆ Use the IEP or 504 process to add in supports for your child such as: building social skills, supervision and/or separation from bullies, counseling, developing interpersonal relationships, educating school staff, and developing self-advocacy skills
- ◆ If the bullying is not being effectively addressed by the school, file a complaint with the California Department of Education (CDE) or Office of Civil Rights (OCR) if it's a form of harassment (such as disability harassment)
- ◆ Request an interdistrict transfer (CA law provides the student who is bullied be given priority for such a transfer)
- ◆ Share concerns with school board members through letters and/or attending the public meetings and request specific steps be taken