

My child has been bullied; what do i do first?

- Listen, in a non-judgmental way, about what is happening with your child.
- Let them do the talking and try to get more information from them by asking open-ended questions such as, “what happened? How did that make you feel?”
- Try to find out more about the individual(s) who are making your child feel afraid and upset.
- Ask your child if they told the classroom teacher or anyone at the school about what has been happening or if anyone (teacher, classmate) saw it happening.
- Discuss next steps with your child. This should include the steps you are going to take as well as planning with them what they are going to do and where they are going to go if it happens again.
- Call or email your child’s School Counselor to share the information and to give the counselor permission to meet with your child to discuss the situation.
- Complete a FCPS Bullying, Harassment and Intimidation Report Form. The form can be found on www.fcps.org/student-services/forms under Student Services.
 1. If you complete an online form, email the School Counselor or Principal to let the school know that you did submit the form.
 2. If you print and complete a form, deliver or send it to the School Counselor or Principal.

We are here to help

No student should have to tolerate bullying in school. FCPS takes all reports of harassment or bullying seriously. We follow clearly defined procedures to respond promptly and appropriately.

Further information about FCPS bullying, harassment and discrimination policies and support services is available at your local school or from:

Department of Student Services

191 South East Street
Frederick, MD 21701
301-644-5220

Call 2-1-1 for assistance or visit these websites with additional information

www.unitedwayfrederick.org/stopbullying

www.fcma.org

www.fcps.org/academics/stop-bullying

www.stopbullyingnow.com

www.thebullyproject.com

www.stopbullying.gov

www.rachelschallenge.org



What You Can Do To PREVENT BULLYING

A Guide for Parents & Students



Frederick County Public Schools

Let's Work Together to Stop Bullying

Bullying can take many different forms:

Verbal bullying is saying or writing mean things.

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships.

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking/pinching
- Spitting

Cyberbullying takes place over digital devices and includes sending, posting or sharing negative, harmful, false or mean content about someone else via:

- Text message
- Instant messages
- Email, etc.

What is bullying?

Bullying, harassment, or intimidation includes ongoing intentional conduct, including verbal, physical, or written conduct, or intentional electronic communication that creates a hostile educational environment by substantially interfering with a student's education benefits, opportunities, or performance, or with a student's physical or psychological well-being that occurs on school property, at a school activity or event, or on a school bus.

The following definitions provide additional guidance for evaluating the behavior and the appropriate consequence, recognizing that some behaviors may fall into more than one category:

Bullying represents a pattern of behavior when a person repeatedly uses power in an intentional manner, including verbal, physical, written, or electronic communication.

Harassment includes intentional negative actions that offend, ridicule, or demean another individual with regard to race, national origin, marital status, sex, sexual orientation, gender identity, gender expression, religion, ancestry, physical attributes, socioeconomic status, familial status, physical or mental ability or disability.

Intimidation is subjection to an intentional action that seriously threatens and induces a sense of fear and/or inferiority.

Action steps for students

How you respond to bullying can make a difference in how you and others are treated in your school.

- Respond as calmly and assertively as you can (anger ignites the situation and tears reinforce the bully's behavior)
- Speak up or offer support when someone is being bullied
- Seek immediate help from an adult and report bullying or harassment incidents to the principal or school counselor
- Support those being hurt. Be an ally, not a silent bystander
- Express disapproval of bullying by not joining in the laughter, teasing or gossip
- Speak out in support of respect for all people no matter how "different" their interests, skin color, religion, origin, sexual orientation, gender identify, income, physical appearance or abilities
- Report the incident to your counselor or administrator.