

Bullying Information for Parents/Guardians

Bullying is not tolerated in school, and the district takes all actions necessary to ensure a safe environment for staff, students, and parents.

What is 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 challenges.

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.

There are various types of bullying:

Verbal bullying is saying or writing mean things. Verbal bullying includes:

- 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. Social bullying includes:

- 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
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

Warning Signs for Bullying

There are many warning signs that may indicate that someone is affected by bullying—either being bullied or bullying others. Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.

It is important to talk with children who show signs of being bullied or bullying others. These warning signs can also point to other issues or problems, such as depression or substance abuse. Talking to the child can help identify the root of the problem.

Signs a Child Is Being Bullied

Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs.

Some signs that may point to a bullying problem are:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

If you know someone in serious distress or danger, don't ignore the problem. Get help right away.

Signs a Child is Bullying Others

Kids may be bullying others if they:

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worry about their reputation or popularity

Pennsylvania Department of Education Bullying Prevention Consultation Line

1-866-716-0424

The toll-free Bullying Prevention Consultation Line invites individuals experiencing chronic and unresolved bullying to discuss effective strategies and available resources to manage school-based bullying. This resource was developed in collaboration with the Center for Health Promotion and Disease Prevention (CHPDP), and is available at no cost to students, parents/guardians, and school districts across

Pennsylvania. The Bullying Prevention and Consultation Line is 1-866-716-0424. Messages left will be returned during normal business hours Monday through Friday. Please note: this number is not monitored 24 hours a day/seven days a week and should not be used for emergencies.

How to Report an Incident

Students or parents/guardians of students should immediately contact the school for more information about how to report a specific incident if you believe your child has been the target of a bully.

School Contact Information:

Name: _____ Title: _____

Phone: _____

Email: _____

Udhalimu

Maelezo ya Wazazi/Walezi

Udhalimu haukubaliwi shuleni, na wilaya huchukua hatua zote zinazohitajika ili kuhakikisha kuna mazingira salama kwa wafanyakazi, wanafunzi na wazazi.

Je, udhalimu ni nini?

Udhalimu ni tabia isiyofaa, ya ukatili kati ya watoto wanaoenda shule ambayo inahusisha kutokuwa na usawa halisi au unaokisiwa wa nguvu. Tabia hurudiwa, au ina uwezo wa kurudiwa, baada ya muda. Watoto wote wanaodhulumiwa na wanaodhulumu wengine wanaweza kuwa na changamoto kubwa za kudumu.

Ili kuzingatiwa kuwa udhalimu, lazima tabia iwe ya ukatili na inajumuisha:

Ukosefu wa Usawa wa Nguvu: Watoto wanaodhulumu wengine hutumia nguvu zao—kama vile nguvu za kimwili, ufikiaji wa maelezo ya aibu au umaarufu—ili kudhibiti au kuwadhuru wengine. Ukosefu wa usawa wa nguvu unaweza kubadilika baada ya muda na katika hali tofauti, hata ikiwa unahusisha watu sawia.

Marudio: Tabia za udhalimu hutokea zaidi ya mara moja au zina uwezo wa kutokea zaidi ya mara moja. Udhalimu unajumuisha vitendo kama vile kutoa vitisho, kueneza uvumi, kushambulia mtu kimwili au kwa maneno, na kumtenga mtu fulani kutoka kwenye kikundi kimakusudi.

Kuna aina Mbalimbali udhalimu:

Udhalimu wa maneno ni kusema au kuandika mambo mabaya. Udhalimu wa maneno unajumuisha:

- Kuchokoza
- Kuita jina
- Maoni ya ngono yasiyofaa
- Kudhihaki
- Kutishia kusababisha madhara

Udhalimu wa kijamii, wakati mwingine hujulikana kama udhalimu wa kimahusiano, unahusisha kuharibu sifa au mahusiano ya mtu. Udhalimu wa kijamii unajumuisha:

- Kumwacha mtu nje kwa makusudi
- Kuwaambia watoto wengine wasiwe marafiki na mtu fulani
- Kueneza uvumi kuhusu mtu fulani
- Kumuabisha mtu hadharini

Udhalimu wa kimwili unahusisha kuumiza mwili au mali ya mtu. Udhalimu wa kimwili unajumuisha:

- Kupiga/kukanyaga/kufinya
- Kutema mate
- Kubabaisha/kusukuma
- Kuchukua au kuvunja vitu vya mtu
- Kufanya ishara mbaya za mkono

Ishara za Tahadhari kwa Udhalimu

Kuna ishara nyingi za tahadhari ambazo zinaweza kuonyesha kwamba mtu ameathiriwa na udhalimu— kudhulumiwa au kuwadhulumu wengine. Kutambua ishara za tahadhari ni hatua muhimu ya kwanza katika kuchukua hatua dhidi ya udhalimu. Sio watoto wote wanaonyanyaswa au wanaowanyanyasa wengine wanaomba msaada.

Ni muhimu kuzungumza na watoto wanaoonyesha dalili za kudhulumiwa au kuwadhulumu wengine. Ishara hizi za tahadhari zinaweza pia kuashiria masuala au matatizo mengine, kama vile mfidhaiko au matumizi ya dawa za kulevya. Kuzungumza na mtoto kunaweza kusaidia kutambua kiini cha tatizo.

Ishara Kwamba Mtoto Anadhulumiwa

Angalia mabadiliko katika mtoto huyo. Hata hivyo, fahamu kwamba si watoto wote wanaodhulumiwa wanaonyesha ishara za tahadhari.

Baadhi ya ishara zinazoweza kuashiria tatizo la dhuluma ni:

- Majeraha yasiyoweza kuelezeka
- Nguo, vitabu, vifaa vya kielektroniki au vito vilivyopotea au kuharibiwa,
- Maumivu ya kichwa au maumivu ya tumbo ya mara kwa mara, kuhisi mgonjwa au kudanganya kuwa mgonjwa
- Mabadiliko katika tabia za kula, kama vile kuruka milo ghafla au kula kupita kiasi. Watoto wanaweza kurudi nyumbani kutoka shuleni wakiwa na njaa kwa sababu hawakula chakula cha mchana.
- Ugumu wa kulala au ndoto mbaya za mara kwa mara
- Gredi kupungua, kupoteza hamu kufanya kazi ya shule, au kutotaka kwenda shule
- Kupoteza marafiki ghafla au kuepuka matukio ya kijamii
- Hisia za kutojiweza au kupungua kwa kujithamini
- Tabia za kujiumiza kama vile kutoroka nyumbani, kujidhuru, au kuzungumza kuhusu kujiua

Ikiwa unajua mtu aliye katika shida au hatari kubwa, usipuuze tatizo hilo. Tafuta usaidizi mara moja.

Ishara Kwamba Mtoto Anawadhulumu Wengine

Watoto wanaweza kuwadhulumu wengine ikiwa:

- Wanajihusisha kwenye mapigano ya kimwili au ya maneno
- Wana marafiki wanaodhulumu wengine
- Wanazidi kuwa wakali
- Wanatumwa kwa ofisi ya mkuu wa shule au wanazuiwa mara kwa mara
- Wana pesa za ziada au vitu vipya visivyoweza kuelezeka
- Wanawalaumu wengine kwa ajili ya matatizo yao
- Hawakubali kuwajibika kwa ajili ya matendo yao
- Ni washindani na wana wasiwasi wa sifa au umaarufu wao

Simu ya Ushauri wa Kuzuia Udhalimu katika Idara ya Elimu ya Pennsylvania

1-866-716-0424

Simu Isiyolipishwa ya Mashauriano ya Kuzuia Udhalimu inawaalika watu wanaodhulumiwa kwa muda mrefu na udhalimu usiotatuliwa ili kujadili mikakati madhubuti na nyenzo zinazopatikana za kudhibiti udhalimu shuleni. Nyenzo hii iliundwa kwa ushirikiano na Kituo cha Ukuzaji wa Afya na Kuzuia Magonjwa (CHPDP), na inapatikana bila malipo kwa wanafunzi, wazazi/walezi na wilaya za shule kote

Pennsylvania. Simu ya Kuzuia Udhalimu na Ushauri ni 1-866-716-0424. Ujumbe uliosalia utajibiwa wakati wa saa za kawaida za kazi kuanzia Jumatatu hadi Ijumaa. Tafadhali kumbuka: nambari hii haifuatiliwi saa 24 kwa siku/siku saba kwa wiki na haipaswi kutumiwa kwa katika hali ya dharura.

Jinsi ya Kuripoti Tukio

Wanafunzi au wazazi/walezi wa wanafunzi wanapaswa kuwasiliana na shule mara moja ili kupata maelezo zaidi kuhusu jinsi ya kuripoti tukio mahususi ikiwa unaamini kuwa mtoto wako amekuwa akilengwa na mdhulumu.

Maelezo ya Mawasiliano ya Shule:

Jina: _____ Cheo: _____

Simu: _____ Barua

pepe: _____