

3 Key Elements of Bullying*

● *Intentional*

Deliberate, targeted meanness or cruelty. It is not an accident and it is not a misunderstanding.

● *Repetitive*

Deliberate cruelty that continues to happen after the behavior has been addressed and they have been asked to stop. This can include repetitive and deliberate exclusion from the group.

● *Power Imbalance*

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.

All three key elements must be present for a situation to qualify as bullying



How can we help your child?

Cypress Elementary is committed to building a caring and supportive school environment.

If you are concerned about something that is happening to your child, please reach out to your child's teacher first. As the classroom teacher, they are often in the best position to address your concerns.

Scan the QR code to email your child's teacher.



If you continue to have concerns, please reach out to our school counselor, Amy Kae: akae@pasco.k12.fl.us



What is Bullying?

And how can you help protect your child?



How can you help your child?

School administration and teachers can do a lot to prevent bullying on our campus, but we need your help!



Help your child understand bullying.

Kids who understand what bullying is are able to better identify it, stand up to it, and get help.



Keep the lines of communication open

Research tells us that children really do look to parents and caregivers for advice and help on tough decisions.



Encourage kids to do what they love

Taking part in activities, interests and hobbies builds confidence and friendships that help protect kids from bullying.



Model kindness and respect

By treating others with kindness and respect, adults show kids that there is no place for bullying. Encourage peaceful solutions. Do not coach your child in becoming violent.



What Bullying is Not:

- Hurting someone's feelings
- Teasing or name calling once
- Ignoring or not wanting to play
- Taking something that's not yours
- Cutting in line
- Not sharing
- General meanness
- Pushing someone once
- Arguing or having a fight
- Disliking someone
- Being "bossy"
- Telling a joke about someone once

Teach your child to be an Upstander.

● **Reporting not tattling**

- Tattling is a complaint about someone else's behavior and does not involve safety. For example, a sibling or friend who is not sharing a favorite toy.
- Reporting is something that involves a threat to safety. Anything that involves a threat to their safety or someone else's safety must be reported to a trusted adult.

● **Practice responding**

- Practice running your child through different scenarios, asking them what they might feel comfortable doing if they were to see a peer being targeted.
- After each scenario, allow your child to practice being an Upstander by:
 - Facing you with their head up and shoulders back.
 - Stating with a strong, respectful voice, "Stop it. That's bullying."

