



# PARENT NETWORK

OF WESTERN NEW YORK



# Mission



"Supporting families and professionals to empower individuals with disabilities to reach their full potential"





SUPPORT



EDUCATE



CONNECT



EMPOWER

# MY STORY



# 1<sup>st</sup> Day of Pre-K







# What does Bullying look like?

Physical



Cyber



Verbal



Emotional  
Indirect



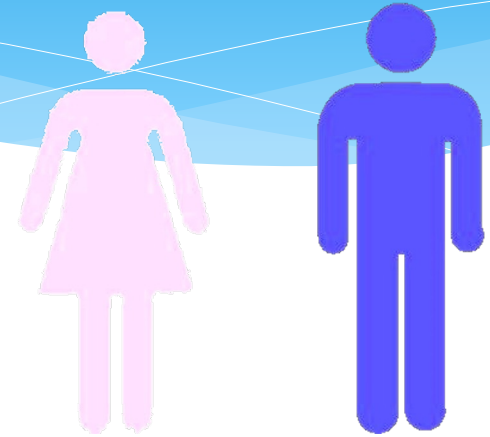
# Is Bullying Different in Boys and Girls?

- Boys

- More direct, physical bullying
- Bully more frequently than girls
- Bully both boys and girls

- Girls

- More indirect (harder to detect)
- Often occurs in groups and with girls of same age
- Cyber-bullying slightly more common than for males





# What are the facts?



- \* 160,000 students miss school each day because of bullying
- \* 10% of students who drop out of school do so because of bullying
- \* 7%-15% of children report being targets of bullying, the percentage goes to 77% in some reports.
- \* Among 3<sup>rd</sup> graders on a playground, an act of bullying occurs every 7 seconds
- \* Schools hear about 1/3 of the bullying that occurs on school playgrounds.

# Bully Proofing Your Child

## What can YOU do?



# Be an UPSTANDER





# Be an UPSTANDER



Tattling/Ratting

Vs

Telling/Reporting

A ACTION  
C CHANGES  
T THINGS

# The Dignity for All Students Act

(N.Y. Educ. Law §§10-18, 801-a)

- \* Requires districts and schools to prevent, monitor and address bullying through:
- \* Staff training
- \* Designation of an anti-bullying coordinator
- \* Sensitivity and tolerance curricula for students
- \* Code of Conduct language explaining policies and consequences
- \* Started with the 2012-2013 school year

# The Dignity Act Covers

- \* Bullying and harassment by students AND adults
- \* “School property” and “school functions”
- \* Bullying and harassment for any reason



# Bullying and the IEP

- \* IEP can be a helpful tool in a bullying prevention plan.
- \* Free and Appropriate Public Education (FAPE)
- \* IEP Team can identify strategies that can be written into the IEP to help prevent and/or stop bullying.



# Bullying and the IEP-Strategies

- \* Identify an adult in the school who the child can report to or go for assistance
- \* Determine how school staff will document and report incidents
- \* Allowing the child to leave class early to avoid hallway incidents
- \* Holding in-services for staff and peers to help understand child's disability
- \* Educating peers about school district policies on bullying behavior

# Goals for the IEP Team to Consider

- \* Social skills work, both individual and group
- \* Speech and language skills
- \* Self-advocacy skills
- \* Self-awareness
- \* Strength building skills





# What can YOU do?

## Set Clear and Consistent Rules and Boundaries

- Have computers in common areas (not in bedroom)
- Bring cell phones, computers to parents' room to charge overnight
- Teach to use the “OFF” switch - Do not react or respond to things that are upsetting
- No sites like Snap Chat/Twitter
- No Facebook under age of 13
- Supervise
- Limit activities (no 24/7)
- Know child's password
- Be friend on Facebook



# What can YOU do?

- \* Encourage kids to speak to a trusted adult if they are bullied or see others being bullied.
- \* The adult can give comfort, support and advice even if they can't solve the problem directly.
- \* Encourage the child to report bullying if it happens.



# What can YOU do?

- \* Encourage kids to do what they love like sports, special activities, interest, and hobbies. This can boost confidence, helps kids make friends and protect them from bullying behavior
- \* Fill their self confidence pot
- \* Model how to treat others with kindness and respect~*Use teachable moments*







“If we are to succeed in preventing bullying, we need to break the climate of silence in which it thrives by empowering children and young people to speak out and seek help.”

*Gill Francis, Chairman of the Anti-Bullying Alliance*

# Questions?

