

## What You Can Do As A Parent

Talk with your child

Ask if he/ she is being bullied

Ask if he/ she knows anyone who has been bullied

Watch for changes in your child's behavior that may indicate an incident has occurred

Report any concerns to your child's teacher, counselor, or principal.

## Reporting

For questions or to report bullying concerns please contact your school principal or visit the our website at [www.wjUSD.org](http://www.wjUSD.org).

Reports may be filed on the WJUSD website by clicking on the bully prevention link. Forms can be completed online and emailed directly to the appropriate administrator.

**WJUSD**  
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# BULLYING PREVENTION

## A Guide to Addressing Bullying Behavior



**Woodland Joint Unified  
School District**  
Working with YOU to do  
what is BEST for YOUR  
CHILD!

# Students learn best when they feel safe and supported.

*At WJUSD the physical and social/emotional safety of students is a top priority. Research and media coverage alike have shown that bullying can be a real threat to student safety and academic success. In response, WJUSD has developed a comprehensive approach to preventing, addressing, and intervening in bully behavior, helping keep students safe and ensure a healthy learning environment.*

## Vision

**"Excellence For All"**

### Excellence in:

- Student Achievement
- Communication
- Facilities and Operations

## What is Bullying?

Bullying is a specific behavior that includes each of the following components:

- Intent to do harm
- Repeated over time
- Imbalance of power

Bullying is further defined by the Woodland Joint Unified School District as: any severe or pervasive act committed by a single student or group of students, against one or more students, and that can be reasonably predicted to impact one or more of the following:

- reasonable fear of harm to person or property;
- substantially detrimental effect on physical or mental health;
- substantial interference with academic performance;
- substantial interference with the ability to participate or benefit from services, activities or privileges provided in school.



## Social Emotional Learning Standards

Social Emotional Learning (SEL) is the process by which children and adults develop and experience foundational skills to be successful in school, college, career and life. SEL skills support a positive culture, climate, and community. SEL skills support students to be successful members of their school and home community.

WJUSD believes building and supporting SEL skills can contribute to a positive school culture and climate which can help to decrease bullying incidents.

How we can partner as a community?

- Communicate positively and clearly (Tell your child what to do instead of what not to do)
- Teach your child to recognize and identify emotions
- Praise perseverance
- Model and praise gratitude
- Help your child to see mistakes as a learning opportunity
- Model and praise managing stress through self-care and coping strategies

## Training Opportunities

WJUSD Family Empowerment is dedicated to providing learning opportunities to strengthen the quality of family life. Please visit our website [www.wjUSD.org/families](http://www.wjUSD.org/families) for a list of available workshops.