

## What can guardians do?

If your child is *being bullied*...

- Be supportive and listen to them without judgement.
- Tell your child it is not their fault, and share that you are proud he/she had the courage to share.
- Let your child know you are there for them and want to help.
- Contact the school immediately. Work with the teacher(s) and administrator. They can help.
- Encourage peaceful solutions. Do not coach your child to retaliate.
- Be persistent. If the bullying continues or escalates, contact school staff again.



At WJUSD the physical and social/emotional safety of students is a top priority. Our commitment is reflected in our Local Control and Accountability Plan Goal 2:

*Each student's individual social-emotional and academic needs will be met through quality first instruction, enrichment, and intervention in a safe, supportive, and inclusive environment.*

## Resources

- [www.wjUSD.org/Departments/Pupil-Services/School-Climate-and-Bullying-Prevention--Intervention/index.html](http://www.wjUSD.org/Departments/Pupil-Services/School-Climate-and-Bullying-Prevention--Intervention/index.html)
- [www.pacer.org/bullying/](http://www.pacer.org/bullying/)
- [www.stopbullying.gov/](http://www.stopbullying.gov/)
- <https://cyberbullying.org/resources/parents>



## Bullying Prevention and Intervention

WOODLAND JOINT  
UNIFIED SCHOOL  
DISTRICT

## What is Bullying?

Bullying is an unwanted aggressive act that includes each of the following components:

- intent to do harm
- repeated over time
- an imbalance of power (perceived or identified)

## BULLYING IS DIFFERENT FROM CONFLICT

### Mean Moment:

- One Time
- Hurtful
- On Purpose
- One sided

### Conflict:

- Occasionally
- Hurtful
- On Purpose
- Both Parties Involved

### Bullying:

- Repeated Over Time
- Intent to Harm
- Imbalance of Power

## Types of Bullying?

### VERBAL

Making derogatory comments, teasing, or name calling

### PHYSICAL

Hitting, kicking, punching, or shoving.

### SEXUAL

Humiliating someone because of their sex, gender, or sexual orientation.

### SOCIAL

Spreading rumors, isolation, social exclusion, embarrassing someone in public or damaging someone's reputation or relationships.

### CYBER

Posting or sending hurtful texts, emails, posts, images or videos, or making online threats.

## If you are bullied...

- Tell the person who is bullying you to STOP!
- Get HELP immediately. Tell your teacher, staff member, counselor or principal.
- Do not fight back physically.
- Keep safe. If possible, avoid situations and people where bullying happens.
- Never share your personal information or give passwords to friends.



Suspected Bullying Form:  
<https://www.wjUSD.org/Departments/Pupil-Services/School-Climax-and-Bullying-Prevention--Intervention/index.html>