

Parent Factsheet: Bullying

What is bullying? Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending him/herself. Usually, bullying happens over and over.

All bullying is disrespectful, but not all disrespectful behaviors are bullying.

Bullying

Peer Conflict

Equal balance of power
Accidental - often arises from social dynamics
Seeking resolution – both parties trying to get what they want
Back and forth
Frustration and anger shared by all parties
Efforts to solve problem

VS

Unequal balance of power
Purposeful – intent to harm or humiliate
One party seeking power, control, or materials
One-sided
Strong emotional reaction from one person
No effort to solve problem

Signs your child may be bullied

- Unexplainable injuries, or 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
- 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, decreased self-esteem, or self-destructive behaviors

What should you do?

If you believe your child has been bullied, listen and focus on your child and show you want to help. In a gentle manner, ask your child for details. Ask when the bullying happened, exactly what was said and done, in what order, and if anyone else (adult or child) was present.

Notify the school principal as quickly as possible. Do not contact the person targeting your child. You may report bullying to any CPS employee in person, by calling the CPS Violence Prevention Hotline at 1-888-881-0606, or by emailing BullyingReport@cps.edu. CPS prohibits retaliation against anyone who reports bullying incidents, and submission of knowingly false bullying allegations. Appropriate follow up will be taken.

Also know that children who are bullied may struggle with talking about it. Consider referring them to a school counselor, social worker, or other mental health service.



Helpful Resources

CPS Anti-Bullying Policy

<http://cps.edu/Pages/StudentCodeofConduct.aspx>

CPS Violence Prevention Hotline

1.888.881.0606

CPS Student Safety Center

773.553.3335

CPS Family & Community Engagement Hotline

773.553.3223

CPS Crisis Management

773.553.1792

National Suicide Prevention Lifeline hotline

1.800.273.TALK (8255)

Additional Information

Stop Bullying: www.stopbullying.gov

It Gets Better Project: www.itgetsbetter.org

Cyber Safety: www.common sense media.org

