

20380 Town Center Lane
Suite 215
Cupertino, CA 95014



408.996.7950
408.996.7997 (fax)
www.bayareachild.org

Steps to take before your child is bullied

1. Understand the different types of bullying (physical, verbal and emotional)
2. Empower your child to speak up if they are being bullied, and promote confidence and self-esteem in your child.
3. Be aware of your child's friendships - make sure they have friends at school.
4. Be a good listener - get in the habit of talking to your child for a few minutes each day so they are comfortable sharing information with you.

Steps to take after your child is bullied

1. Your child should tell school staff what is occurring. The first step is to tell the teacher. If the teacher is non-responsive or makes a comment such as "Don't be a tattler", then the principal must be notified. If the principal is non-responsive, you need to go to the district, including up to the school superintendent if needed.
2. If your child is not able to tell school officials what has happened, then you need your child to communicate with you whenever bullying events occur. Collect detailed information including, time, date, who was involved and what happened. Bring this information to the teacher/principal and assess their response. Proper initial steps by the school would be speaking with the perpetrators to inform them that the behavior is unacceptable and must stop.
3. If the bullying continues, the parents of the bully must be notified (should be done by school staff) and involved in putting a stop to the behavior.
4. If the bullying continues after the school and parents of the bully have been notified, disciplinary procedures such as suspensions should begin.
5. If bullying continues, further options include moving the bully to a different classroom or different school. It should not be the victim who is moved unless the family feels that this would be better.
6. If the school fails to take steps to protect your child, give them a copy of California laws. They can be found at http://bullypolice.org/ca_law.html. These specify the right of students to a safe learning environment and that districts must have appropriate safety measures in place. Let them know that they could risk legal action if they do not provide a safe environment for your child.
7. Involve the police. If harassment, threats or violence occur, you can contact police. Again, specific details regarding the bullying are important to file a good report.
8. The parents of a bully also can be subject to legal action - The parents of a bully can be sued for defamation, invasion of privacy and intentional infliction of emotional distress.
9. Get help for your child and family. Both bullies and victims have high rates of anxiety, depression and suicidal thoughts. Assess your child for these symptoms and contact a mental health professional for assistance when needed.

There should be zero-tolerance for any bullying behavior, and this must be followed without exception through the entire district.