

Bullying Prevention

Creating a safe, secure learning environment free from bullying and harassment.

St. Johns County School District has a policy Prohibiting Bullying and Harassment. It can be found on our website at www.stjohns.k12.fl.us.

Resources for Parents & Students

Following are online resources that can provide information about bullying prevention for parents and students:

<http://www.stjohns.k12.fl.us/sdfs/>

<https://www.stopbullying.gov/>

<https://cyberbullying.org/>

<https://www.pacer.org/bullying/resources/parents/>

<https://www.pacerteensagainstbullying.org/>

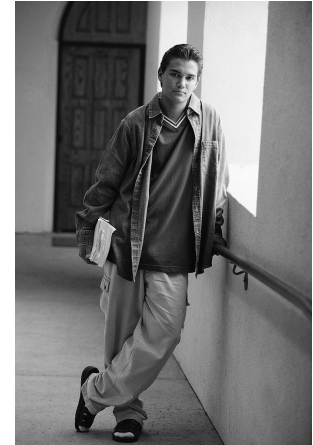
Bullying is:

1
2
3

1. Repeated

2. Imbalance of power

3. Purposeful



Bullying

What parents should know



What is Bullying?

St. Johns County School District defines bullying (including cyberbullying) as:

Systematically and chronically inflicting physical hurt or psychological distress on one or more students. It is unwanted and repeated written, verbal, or physical behavior, including any threatening, insulting, or dehumanizing gesture, by an adult or student, that is severe or pervasive enough to create an intimidating, hostile, or offensive educational environment; cause discomfort or humiliation; or unreasonably interfere with the individual's school performance or participation.

Cyberbullying means bullying through the use of technology or any electronic communication.

Bullying is a common term used today, but for a behavior to reach the level of bullying as defined, **it must meet three criteria:**

1. The bullying behavior must be repeated.
2. The behavior must be intentional, meaning the person is purposefully targeting someone to cause them distress or harm.
3. There must be an imbalance of power between the target and the aggressor.

Is Your Child Being Bullied?

While many actions involve aggressive behaviors and need to be addressed, not all meet the criteria of bullying. The following table illustrates the differences between bullying and other aggressive behaviors.

Conflict	Happens occasionally A disagreement—not intentional targeting Power is equal—both are engaged in the conflict Wants resolution to the problem
Teasing	Teasing is innocent in motive—not intentional targeting Mutual back and forth banter It is not ongoing—it discontinues when the person being teased objects
Bullying	Behavior is repeated Intentionally targeting someone Power is NOT equal No effort by the aggressor to solve the problem

Are there other signs that bullying is occurring? Does your child:

- Not want to go to school in the morning? Complain of stomach or headaches?
- Seem sad/depressed, have mood swings? Not sleeping well?
- Declining grades, loss of interest in schoolwork, or not wanting to go to school.

Reporting Bullying

There are different methods for reporting suspected bullying incidents.

- Report the bullying directly to the school by phone or email.
- Make a report in person at the school.
- Use the online reporting form located on the district's website at www.stjohns.k12.fl.us/ under the family section. This online form will be forwarded to the school so an investigation can begin.

What To Do If Your Child is Being Bullied

- Be supportive and gather information about the suspected bullying (who, what, where, when).
- If your child is being cyberbullied, save the evidence, block the person making the posts, and do not reply.
- If you know your child is being bullied, report it immediately so the school can begin their investigation.