Bullying in the Classroom and on Campus

What it looks like and what to do about it
“Seth’s Law” is a new law that strengthens existing state anti-bullying laws to help protect all California public school students. Seth’s Law requires public schools in California to update their anti-bullying policies and programs, and it focuses on protecting students who are bullied based on their actual or perceived sexual orientation and gender identity/gender expression, as well as race, ethnicity, nationality, gender, disability and religion.
CUSD Policy

- CUSD is aware of the seriousness of bullying and in compliance with Seth's Law CUSD policy specifically prohibits discrimination, harassment, intimidation, and bullying based on these actual or perceived characteristics: disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, and sexual orientation.

- Discrimination, harassment, intimidation or bullying directed at someone associated with a person or group with one or more of the listed actual or perceived characteristics is also prohibited (Education Code Section 234.11(a))
What is Bullying?

- No student or group of students shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, cyber bully, cause bodily injury to, or commit hate violence against any other student or school personnel.

- Cyber bullying includes the transmission of harassing communications, direct threats, or other harmful texts, sounds, or images on the Internet, social media, or other technologies using a telephone, computer, or any wireless communication device. Cyber bullying also includes breaking into another person’s electronic account and assuming that person’s identity in order to damage that person’s reputation.
Bullying against boys is a more frequent occurrence than by girls.
Around 10% of children have time off school due to bullying.
Up to 40% of children think teachers have no clue that bullying is happening within the school.
Almost one third of secondary school children have reported being the object of sexual jokes, gestures or comments.
Victims of bullying are more likely to suffer from common illnesses such as colds, sore throats and stomach problems.
By the average age of 23 children who had been bullied in school were found to still suffer from depression and stress related illnesses.
Nearly 60% of boys who were classified as bullies when they were younger had been convicted of at least one crime by the time they were 23.
Forms of bullying

**PHYSICAL**
- This type of maltreatment involves physically contacting the student (kicking, hitting, etc.). It can also entail stealing or hiding the belongings of the affected students.

**VERBAL**
- It involves name calling, insults, offensive and threatening language.

**SOCIAL**
- This aspect could include gestures or comments, spreading rumors or stories, graffiti and defacing property, social isolation or exclusion.

**CYBERBULLYING**
- This is the modern extension of bullying. This occurs via the Internet, cell phones or other cyber technology. This can include: (1) sending malicious text, e-mail, or instant messages (2) posting defamatory pictures or messages about others in blogs or on websites (3) using someone else’s user name to spread rumors or lies about someone.
- More commonly, students are using sites such as Facebook to carry out these bullying tactics.

It is essential that teachers/staff be on the lookout for signs of bullying. Here are a few of the characteristics that may be displayed by a student who is being bullied:

- Unexplained bruises
- A decline in academic performance
- Anxiety in the class
- An unusual sadness or withdrawal from peers.
- Attendance issues
CUSD Complaint Process

• School personnel that witness an act of discrimination, harassment, intimidation, or bullying, shall take immediate steps to intervene and report it to the principal/designee within 24 hours.

• Any student who believes they have been subjected to sexual harassment or bullying, or who have witnessed sexual harassment or bullying may file a complaint with any school employee.

• Each complaint should be promptly reported to the principal/designee within 24 hours and investigated.

• This process applies to students on schools ground while they are traveling to and from school or school-sponsored activities on or off-site, during the lunch period whether on or off campus.

• School personnel must follow the district timeline to investigate and resolve complaints of discrimination, harassment, intimidation, or bullying.

• Students making the complaint alleging discrimination, harassment, intimidation, or bullying are to be protected from retaliation and their identity is to remain confidential, as appropriate.
Strategies for Teachers/Staff

(Source: http://www.bullyfree.com/resources/teachers.php)

- Talk to your students about bullying (set the tone on the first day of class)
- Make anti-bullying part of your lessons
- Give the students a list of anti-bullying rules that you can also hang somewhere in the classroom
- Get parents involved!
- Hang anti-bullying posters in classrooms and around the school
- Train students on how to deal with bullying (ex: scenarios)
- Do activities that promote class/school unity and cooperation
- Have an anonymous “notes-to-the-teacher” box
- Take every student’s complaint seriously
- Post District Policy in every classroom/office
- Keep your eyes and ears open at all times!