



BULLYING SUPPORT WORKSHOP

Strategies to Support Your Student

Agenda

- Welcome & Introductions
- Bullying Definition
- Signs of Bullying
- Reporting
- Safety Plans
- Questions & Closing



The Office of the Student Advocate

- We guide and support students, parents, families, and community members in navigating the public school system in DC.
- Our mission is to empower DC residents to achieve equal access to public education through advocacy, outreach, and information services.
- Our hope is to continue to challenge the notion that public education is not only a public asset and right, but is something that should be community-focused and community-informed.



Contact Us:

📞 Phone: (202)741-4692
✉ Email: student.advocate@dc.gov
🌐 Website: <https://studentadvocate.dc.gov/>

Follow Us:

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THE OFFICE OF THE STUDENT ADVOCATE

We work in partnership to **equalize the balance of power between families and schools** by increasing family voice, access, and power in our system of public education. We achieve this goal by ensuring families are connected to resources and supports, informed of their rights, and understand how the system works.



REQUESTS
FOR
ASSISTANCE




STAKEHOLDER/
COMMUNITY
ENGAGEMENT



TRAININGS
AND
EVENTS



RESOURCES
FOR
DC FAMILIES



EDUCATION
RESOURCE
GUIDE



PARENT &
FAMILY
GO-TO
GUIDE

Instructions



Who's in the (virtual) room?

0	0	0	0	0
Elementary School Parent/ Guardian	Middle School Parent/ Guardian	High School Parent/ Guardian	DCPS Parent/ Guardian	Public Charter Parent/ Guardian

Bullying

A standard definition and the different types



Is it Bullying or Harassment?

BULLYING

Bullying is when a student is impacted by severe, pervasive or persistent behavior that impacts their physical or mental health and disrupts their ability to participate in school or youth-facing programs.

If a student is experiencing bullying, they are protected by DC law.

HARASSMENT

Harassment is when unwanted behavior is directed on a target based on a protected trait (i.e. race, sex, sexual orientation, national origin, etc.).

If a student is experiencing harassment, they are protected by local and federal law.

Types of Bullying

actions that are "severe, pervasive, and persistent"

PHYSICAL

"The act of using one's own body to exert power over peers ie: kicking, punching, hitting"

VERBAL

Using verbal language like teasing or name calling to gain power over peers.

SOCIAL

Excluding, lying, or spreading rumors to hurt someones social reputation. Can happen in person or virtually.

CYBER

Cyberbullying is using social media (TikTok, Snapchat, Instagram, Facebook, etc.), text, email and other forms of media to humiliate, stalk, intimidate and/or spread rumors about a person.

Is it bullying or conflict?

Sara, accuses Juliana of stealing her bracelet. Juliana denies it and Sara yells at her in front of the class. Later at recess, Sara tells other students not to play with Juliana. Juliana plays alone.



Is it bullying or conflict?

A group of 7th grade students start a group chat for a school project. They become friends and start using the chat daily. Jamari and Kyle get into an argument during class so Jamari starts a new chat without Kyle called "Everybody Hates Kyle". Kyle begins skipping class.



Is it bullying or conflict?

Amari walks home from school everyday. A group of boys from his school takes the same route. They tease and shove him along the way. Sometimes, they threaten to steal his sneakers or phone. Amari is uncomfortable walking alone but doesn't have another way of getting home.



Do you suspect your child has experienced any of these types of bullying?



Signs of Bullying



Signs of Bullying:

If you suspect your child is being bullied here are some signs to watch for

- Unexplainable injuries;
- Lost or destroyed clothing, books, electronics, jewelry;
- Frequent headaches, stomachaches, feeling sick. or faking illness;
- Changes in eating habits (suddenly skipping meals, binge eating);
- Difficulty sleeping or frequent nightmares;
- Declining grades, loss of interest in schoolwork;
- Not wanting to go to school;
- Sudden loss of friends or avoidance of social situations;
- Feelings of helplessness or decreased self-esteem;
- Self-destructive behaviors such as running away from home, harming themselves, talking about suicide.



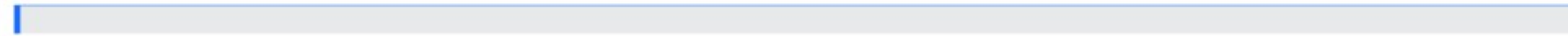
Helpful Tip:

If you notice a change in your child's behavior, ask your school about the available behavioral health resources they can provide.

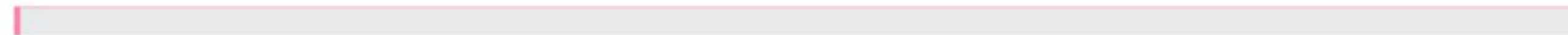
School Behavioral Health Supports

Strongly disagree

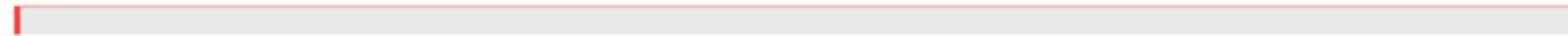
Do you know who to contact at your school for help?



Does your child have at least one trusted adult at school?



Experienced success with school behavioral health supports?



Strongly agree



Reporting Bullying



Reporting Bullying

- 1** Talk to your student
- 2** Report bullying to school
- 3** Investigation must begin one day after report is received
- 4** Investigation must conclude no later than 30 days after initial report

Reporting Bullying: **Talk to Your Student**



Talk to your child about what happened to get as many details as you can. Remember to be patient with them as this can be difficult for some children to share.

- a. What happened?
- b. Who was involved?
- c. Timeline of events (Include dates & times if possible)
- d. How student was impacted

Helpful Tip:

If incidents are ongoing, create a spreadsheet or document capturing the information stated above that you can share with your school.

How do you manage your emotions when your child shares difficult experiences?

Waiting for responses ...



Reporting Bullying: **Contact the School**



Once you report you can request to file an informal complaint, investigation, and/or safety plan.

1. **Contact the school.** Do not contact the other children involved or their family members. Tell the school what you know and what your child is comfortable sharing.
2. While **DCPS and Charter Schools may have different policies**, there will be an investigation into what happened. Some important questions to ask:
 - How will the school stop these incidents from happening again?
 - What mental health supports are available?
 - Who is the best person to speak to for instances related to bullying?

Reporting Bullying: **Investigations**

- The principal or bullying_prevention designee is responsible for investigating reports of bullying.
- As part of the investigation, the principal or principal's designee will interview any involved or relevant parties including alleged victims, bullies, witnesses, staff, parents or guardians.
- If the incident happened outside of school, the school may or may not investigate. However, schools are still generally responsive regarding incidents between peers whether in person, virtual, on or off school grounds.

Reporting Bullying: **Disciplinary Actions**

Anonymous reports can be made but **school administration cannot take disciplinary action solely based on an anonymous report.** An investigation must be conducted.

Please note that in order to ensure the privacy of students, information about how other involved students are disciplined **cannot** be given to parents or caregivers.

Individual charter networks have different policies related to how they handle disciplinary actions for bullying incidents. Please consult your school's student and family handbook for more information.

Reporting Bullying: **Disciplinary Actions**

“While school administrators have discretion in applying consequences, the intention of the consequence should be to:

- appropriately correct the bullying behavior
- prevent another occurrence of bullying or retaliation
- protect the target of bullying
- be flexible so that in application they can be unique to the individual incident and varied in method and severity based on the nature of the incident, developmental age of the person bullying, and any history of problem behavior from the person bullying”

Reporting Bullying: Involving Law Enforcement

It is your right as a parent whether or not to file an additional report with law enforcement when a bullying incident has occurred.

If during the process of investigation, the principal or the principal's designee "determines that the reported incident may involve criminal activity or the basis of criminal charges, information about the incident must be conveyed to appropriate law enforcement authorities."

Principals or their designee may consult legal counsel or law enforcement to make this decision.

Reporting Bullying: Appeals Process

If you are unsatisfied with the results of the investigation, you can file for an appeal.

DCPS

- You may file a written appeal within 10 calendar days of the initial investigation response with the Instructional Superintendent.
- They will review the principal's investigation and findings and conduct further investigation. They must provide a response within 10 school days.
- If the student or parent/caregivers are not satisfied with the appeal process, all families can file a formal grievance with the DCPS Comprehensive Alternative Resolution & Equity Team (CARE Team) .

PUBLIC CHARTER SCHOOLS

- Each charter network may have different procedures for filing a complaint. Check your school's Student or Family handbook for more detailed information.
- If you are not satisfied with a complaint process of the school staff, individual school policies may allow families to submit a complaint to the school's governing board. The school has to provide families with the contact information for members of the the Board if requested.
- Formal grievances can be filed with the DC Public Charter School Board as well.

Safety Plans



Safety Plan

A safety plan is an **individualized plan** for a student whose safety is at risk. Plans should be created based on what increases the level of safety of that student. Contact your school's principal or administrative team for more information regarding safety plans.

Example Componets

Check Ins:

have a trusted adult check in with the student at designated times

Buddy System:

student transitions with a trusted peer

Adjusted Schedule/ Schedule Change:

student dismissed 5 minutes early to avoid conflict or change classes (depending on availability)

Seating Arrangements:

changes in seating assignments in specific classes

Trusted Adult:

an adult a student can go to in case of an incident or just to check in

Bullying Resources Guide

This interactive questionnaire includes definitions, legislation, information on investigation, as well as in-school and community-wide resources.

1 Access Guide Here:

 <https://studentadvocate.dc.gov/bullyingresource>

2 Scan using your phone's camera:



IS YOUR CHILD BEING BULLIED OR HARASSED?



Though these two words are often used interchangeably, they are different. To better understand your options, it is important to know the differences between bullying and harassment.

BULLYING

Bullying is when a student is impacted by *severe, pervasive or persistent* behavior that impacts their physical or mental health and disrupts their ability to participate in school or youth-facing programs. If a student is experiencing bullying, they are protected by DC law.

If your child is being **bullied**, click below:

BULLYING
SUPPORT

HARASSMENT

Harassment is when *unwanted behavior* is directed on a target based on a *protected trait* (i.e. race, sex, sexual orientation, national origin, etc.). If a student is experiencing harassment, they are protected by local and federal law.

If your child is being **harassed**, click below:




HARASSMENT
SUPPORT

HOME

Contact Us:

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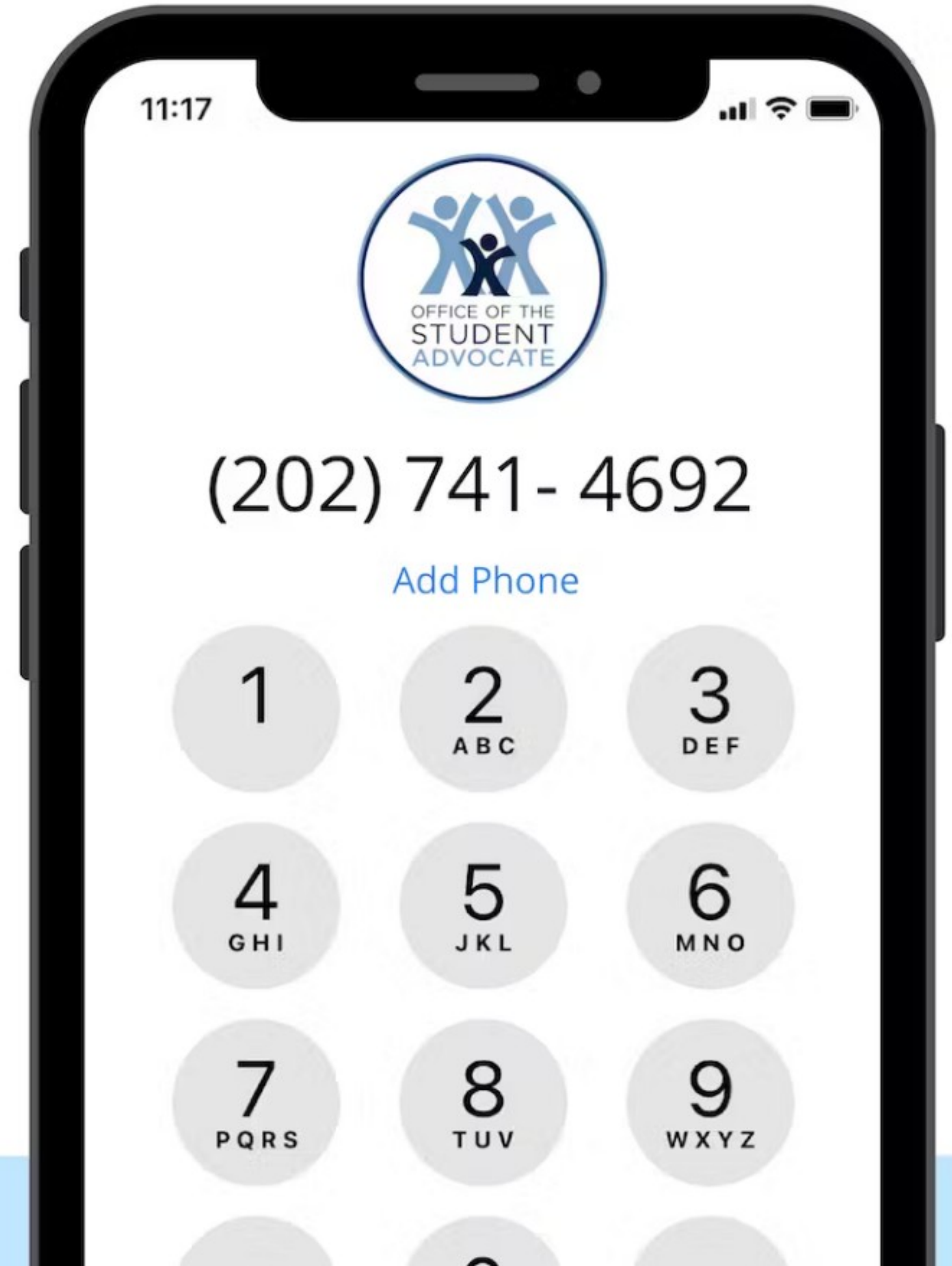
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Request for Assistance (RFA): Education Hotline

Do you have a question or concern about the DC's education system?




- 1 Give us a call:**
 -  (202)741-4692
 -  Monday - Friday
 -  9am - 5pm
- 2 Email or submit request online:**
 -  student.advocate@dc.gov
 -  <https://studentadvocate.dc.gov/page/request-assistance-form>
- 3 Scan using your phone's camera:**

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U.S Department of Education Office of Civil Rights

Students and parents/caregivers can contact the U.S. Department of Education directly regardless of an investigation through the school.

(202) 453-6020

DC Office of the Ombudsman for Public Education

Respond to complaints and concerns regarding DC public schools or public charter schools and facilitate or mediate conversations.

(202) 741-0886

The Trevor Project

A national 24-hour, toll free confidential suicide hotline for LGTQIA+ and questioning youth.

(866) 488-7386

Learn24

A network of afterschool and summer opportunities to ensure access to quality educational and enrichment activities beyond the school day.

learn24.dc.gov

City at Peace DC

Teaches and promotes cross-cultural understanding, violence prevention, conflict resolution and leadership to youth ages 13-19.

(202) 399-7993

Mary's Center

Provides mental health services to anyone within the Mary's Center community or DC community-at-large.

(202) 420-7122

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Resources & Tools: Reading Material

Elementary School

Jacobs Room to Choose by Ian & Sarah Hoffman
We're All Wonders by R.J. Palacio
Nathan and The Really Big Bully by Gerry Renert
Llama Llama and The Bully Goat by Anna Dewdney

High School

Yaqui Delgado Wants to Kick Your Ass by Meg Medina
If I Ever Get Out of Here by Eric Gansworth
Who Will Tell My Brother? by Marlene Carvel
The Skin I'm In by Sharon G. Flake

Middle School

The Pants Project by Cat Clarke
Hurricane Child by Kacen Callender
Bully by Penelope Douglas
Confessions of a Former Bully by Trudy Ludwig

Websites

www.stopbullying.gov/
www.preventioninstitute.org/
www.stompoutbullying.org/

Questions



Questions?

0 questions

0 upvotes

