



Is It Bullying?

Different Types and Telling the
Difference



Welcome Parents!

This presentation will discuss:

- Three different types of bullying
- The difference between bullying and isolated incidents
- How to help at home
- How we help at school
- Final tips and takeaways



Definition of Bullying

To Bully: seek to harm, intimidate, or coerce (someone perceived as vulnerable).

As a comprehensive definition: Bullying is **repeated**, aggressive and **intentional** behavior that involves a **power imbalance**, causing physical or psychological harm.





Applicable Statistics

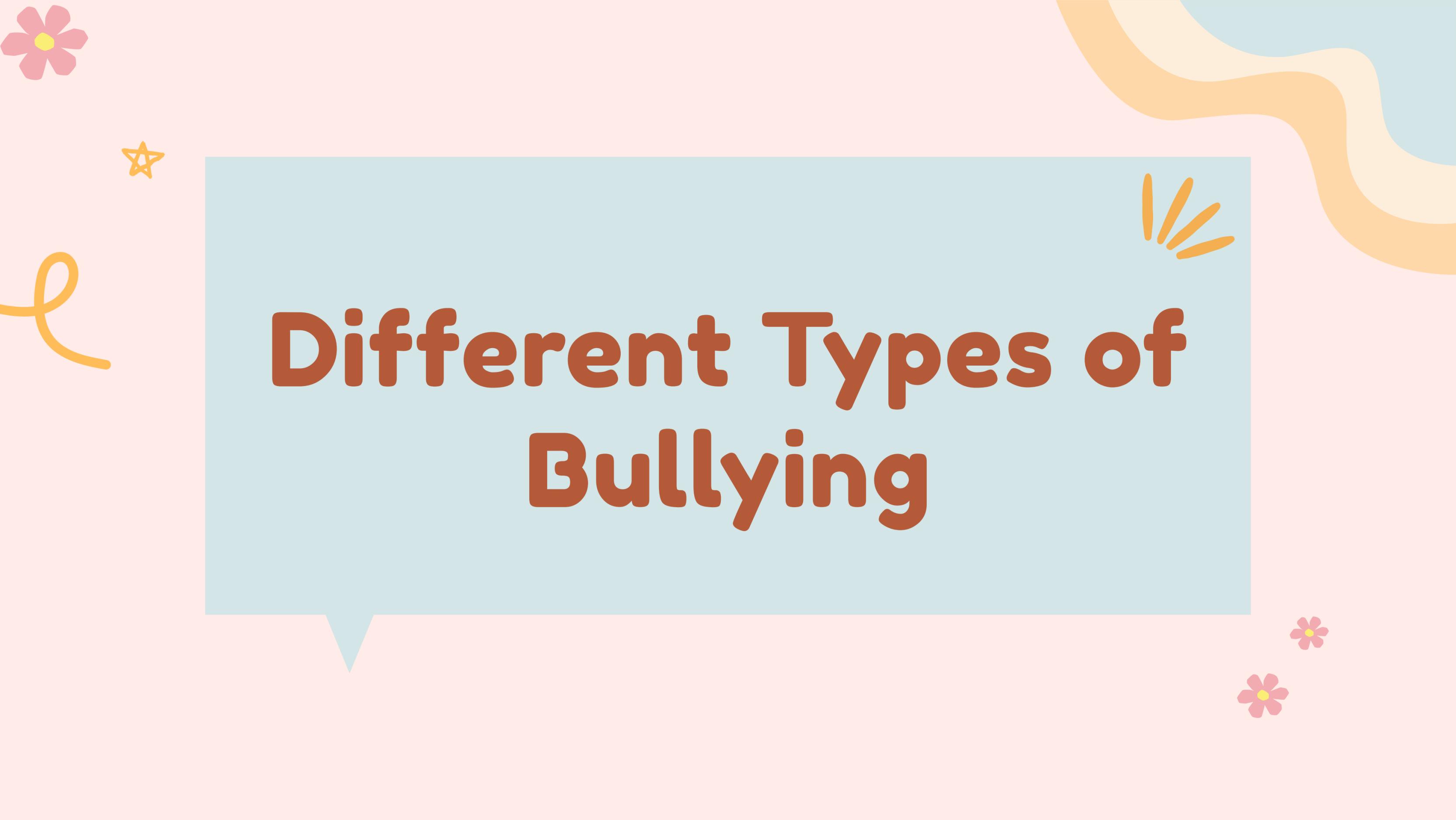
There was a **95% drop** of bullying incidents in elementary schools, 77% in middle schools, and 91% in high schools between the 2021/22 and 2022/23 school years in Fulton County.

This is partly attributed to the implementation of anti-bullying initiatives such as Be THE Voice.

Suburban areas, such as ours, have the **lowest** rates of bullying in Georgia at 17% compared to rural areas at 24%.

National statistics of bullying prevalence in elementary schools trend **downward** from third grade to fifth. This is most likely attributed to students understanding the true definition of bullying as they age.





Different Types of Bullying

Physical

Physical types of bullying occur when someone repeatedly uses their size, force, or body to intimidate or hurt another person.

- Pushing or shoving
- Kicking
- Hitting (fists or open hand)
- Tripping someone to make them fall
- Intimidation tactics (using size and strength)
- Repeatedly and intentionally destroying property



Verbal

Verbal bullying is when a person repeatedly and consistently uses their words to emotionally or mentally impact someone.

- Name calling (including body shaming and hate speech)
- Taunting
- Spreading rumors
- Yelling and/or cussing at someone
- Being intentionally rude or mean to someone
- Telling someone's secrets or private information

Cyberbullying

Cyberbullying is sending messages or posting social media content that is intimidating, harassing, mocking, humiliating or threatening someone.

- Sending mean, rude, or threatening texts or DMs (including rumors) to the person being bullied
- Posting embarrassing pictures or private information
- Creating fake accounts to impersonate someone or cause them distress
- Creating videos or pictures that are meant to hurt or threaten someone
- Mass sending hurtful, mocking, or threatening messages, videos, or pictures in a group chat





The Difference Between Bullying and Mean Incidents

Bullying is repetitive - the behavior is happening multiple times.

Kids are still growing up. They are learning the gravity of their words and actions and how they affect the people around them.

- A few small incidents of someone being mean is *not* considered bullying by definition. It is still addressed so as to stop it before it escalates
- Many students want to claim they're being bullied when someone said one hurtful thing. Encourage your student to both stick up for themselves to problem solve and make their teachers aware that comments are being made



How to Help at Home

If your student is being bullied

Bullying can have a lasting impact mentally and emotionally. Look for the signs:

- Student is withdrawn, consistently down or upset, snaps at others, changes their behavior in an unusual or negative way, or makes comments about insecurities
- Respond to your student with empathy and understanding. This could be something hard for them to discuss as it could involve insecurities or topics that feel embarrassing for them
- Teach them skills at home to stand up for themselves, walk away from the situation, and where to go for help when it's happening
- Monitor their device and internet usage if cyberbullying is involved
- Reach out to the school to make them aware as well as the bully's parents if able in order to make them aware as well





How to Help at Home

If your student is the bully.

No parent wants to believe that their child could be the bully in a situation like this, but addressing it early helps your child avoid situations like this in the future.

- Let them know how big of a problem their behavior could come and the impacts it leaves on the person they're bullying
- Implement consequences as you see fit - aim for restorative before punitive (reconciliation, formal apologies, accountability for actions)
- Model and teach respectful behavior as well as safe technology practices
- Reward positive changes in behavior



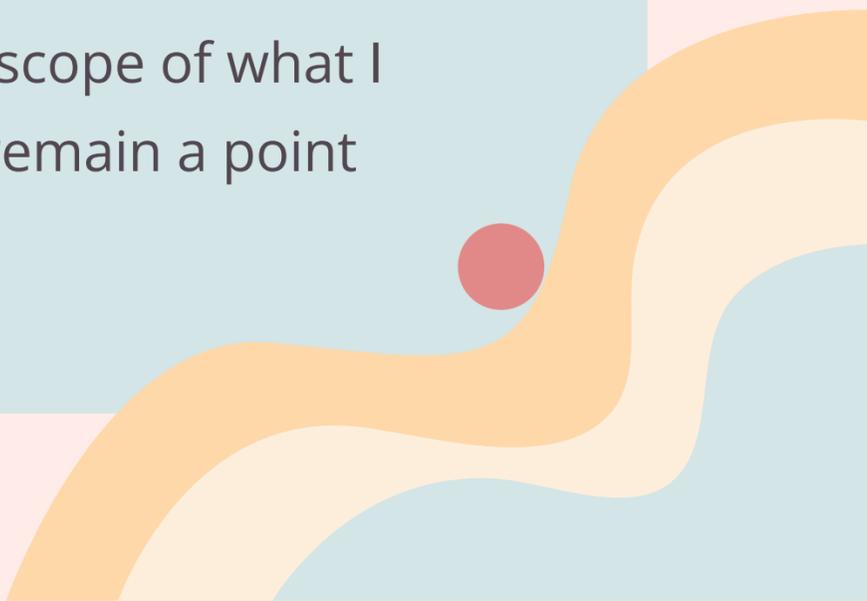
How We Help at School

As the counselor, I go into classrooms to teach age-appropriate bullying lessons:

K: Kind and Considerate

1st: De-Bug (How to handle annoyances and continued problems)

2nd-5th: Bullying presentations (modified for 2nd and 3rd)

- I will work with both the bully and bullied students individually and together in order to resolve conflicts and educate them on the effects of their actions.
 - I educate students on the effects of their actions and what their words and actions can mean to another person.
 - If there are longer lasting effects on the bullied individual bigger than the scope of what I can provide help for, I will recommend them for external counseling and remain a point of check in at the school.
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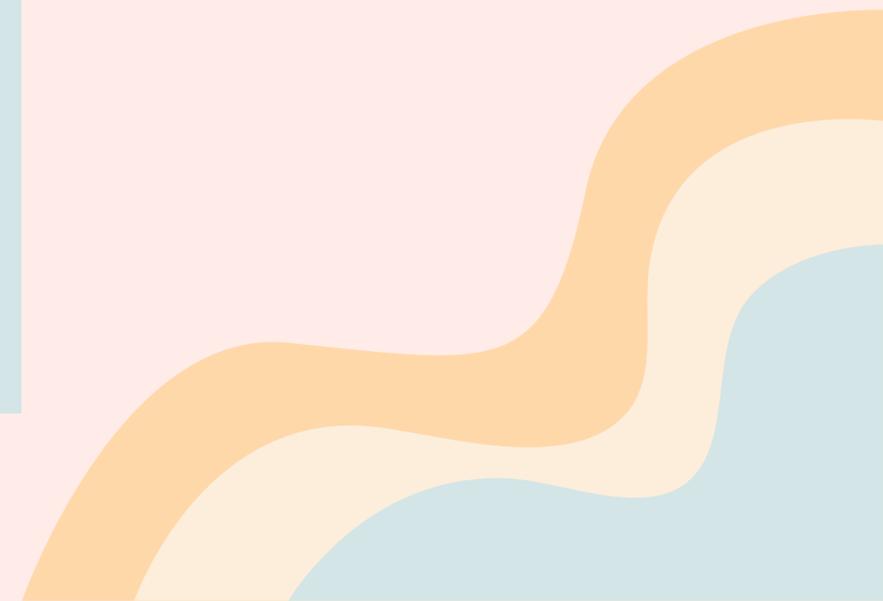


How We Help at School

Any reports of bullying go through our Assistant Principal and Principal for appropriately addressing discipline while I assist on the social/emotional side of the issue.

We aim to handle issues popping up in school directly and as soon as possible by implementing restorative practices into consequences.

If things continue to escalate to unsafe or unmanageable proportions, it is possible the district would be involved for guidance on how to handle the matter.





Final Tips and Takeaways



Bullying is a nuanced issue and one that is dealt with case-by-case. Not every situation is the same, and the school will look at all factors when determining the best course of action when the bullying is happening at the school.

- Let the school know what's going on if it's taking place at the school or affecting them in the classroom
- Encourage your student to talk to trusted adults if they are being bullied
- Teach them skills to stand up for themselves and problem solve as well as shut down bullying when they see it
- Model skills, confidence, and open discussions to further raise your student up

We are here to support your student however we can and to make school a safe place for them.



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Thank You!

Questions?