



BULLYING PREVENTION – EVERYONE’S RESPONSIBILITY

This curriculum was created by the
[PACER National Bullying Prevention Center](#).

Kentucky Special Parent Involvement Network (KY-SPIN) Parent Training & Information (PTI) Center

Funded by the U.S. Dept. of Education under IDEA since 1988 when Kentucky first received a PTI. KY-SPIN Parent Center provides training, information and support for children and youth with all types of disabilities (birth through 26 years old), their parents, families and professionals.



We do NOT

Act as attorneys

We DO

Empower families to advocate for their children effectively.

Provide “peer to peer” support to help families access needed information and resources

Disclosure

This is not a Training of Trainers event. KY-SPIN does not authorize other agencies, organizations or individuals to train material.

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KY-SPIN, Inc.

Unite 2 End Bullying Program


In partnership with PACER's National Bullying Prevention Center, KY-SPIN, Inc. is working to build our Unite 2 End Bullying program through Bullying awareness and education for all throughout the state of Kentucky.

October is National Bullying Prevention Month

1 out of **5**
students is bullied

5 out of **5**
can help prevent that

 **PACER's**
National Bullying Prevention Center.
Create a World Without Bullying | PACER.org/bullying



UNITY DAY

16 OCT 2024

WEAR AND SHARE ORANGE

ENCOURAGE
kindness, acceptance, and inclusion

HELP BUILD COMMUNITY
throughout the year

#UNITYEVERYDAY
PACER.ORG/UNITYDAY

Sponsored by PACER's National Bullying Prevention Center since 2011



Resources for parents, educators, and all students:

- PACER.org/Bullying
- TeensAgainstBullying.org
- KidsAgainstBullying.org
- National Bullying Prevention Month (PACER initiated, 2006)
- Individual help for students, parents, and professionals
- Specialized resources available for students with disabilities

What is PACER and the National Bullying Prevention Center?



Agenda

- Dynamics of Bullying
 - What Parents Can Do
 - *Action Steps for Parents*
 - *Actions Steps for Parents and Child*
 - Parents of Children with Disabilities
 - Want to Help?
-



- Bullying Defined
- Common Views
- Who Bullies?
- Who is Targeted by Bullying?

The Dynamics of Bullying

Defining Bullying Behavior

Basic Guideline:

Let the child know that if the behavior hurts or harms them, either emotionally or physically, and if they have a hard time defending themselves, it's bullying.

Bullying vs. Conflict

Conflict: Children self-monitor their behavior and generally stop when they realize they are hurting someone.

Bullying: Children continue their behavior when they realize it is hurting someone, and are satisfied by a feeling of power and control.

The Impact of Bullying

Three Areas of Concern to Parents and Others:

- 1. Education** – School avoidance and loss of academic achievement
- 2. Health** – Physical and emotional
- 3. Safety** – Harm to self and others

Types of Bullying

- **Verbal:** Using words. Often quick and direct.
- **Physical:** Kicking, hitting. Easy to recognize.
- **Emotional (Social):** Manipulation, gossip. Very calculated.
- **Sexual:** Violation of personal boundaries. Students are often reluctant to talk about it.
- **Cyber:** The “New Bathroom Wall.” Using technology to hurt or harm.

Video – Kevin Jennings

Kevin Jennings, former assistant deputy secretary for the Office of Safe and Drug-Free Schools in Washington, D.C., recorded a video for PACER's National Bullying Prevention Center titled ["Cyberbullying."](#)





Common Views and Myths

- Bullying is a natural part of childhood.
- Words will never hurt you.
- Some people deserve to be bullied.
- Bullying will make kids tougher.
- Telling a teacher about bullying is “tattling.”
- It’s only teasing.

Who Bullies and Why?

- Students who bully can be any size, age, or gender.
- The common element is their behavior.
- Most commonly, children who bully seek to demonstrate power and want to feel in control.

Who is Targeted by Bullying?

- There is no “typical profile” of someone who might be subjected to bullying.
- There are some common characteristics among children who are targets of this behavior.

Dual Role: Both the Target and the Bully

Reactive bullying: When the student is both targeted by bullying and also bullies in response.



Action Steps for the Parent

- Know the Laws
- Record Keeping
- Template Letter

Action Steps for Parent and Child

- Talk With Your Child
- Encourage Self-advocacy
- Student Action Plan
- Cyberbullying
- Take Action if Your Child is the Bully
- Role of An Active Bystander
- Bullying As a Civil Rights Issue

Parents – What You Can Do

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Know the Laws



- Status of state legislation is on [StopBullying.gov](https://www.stopbullying.gov)
- Laws vary by state

Kentucky:

<https://www.stopbullying.gov/resources/laws/kentucky>

Kentucky Anti-Bullying Laws & Policies

Components of State Anti-Bullying Laws and Regulations

stopbullying.gov

Component	Included
Prohibiting statement	Yes
Definition	Yes
Scope	Yes
Protected groups	No
District policy requirement	Yes
Reporting and investigations	Yes
Consequences	Yes
Communication of policy	Yes
Safeguards and supports	No
Review and update of local policies	No
Prevention education	No
Staff training	Yes
Parent engagement	No

What are the Kentucky state laws and regulations that cover bullying? stopbullying.gov

Which Kentucky state laws and regulations cover bullying?

- Kentucky Revised Statutes Annotated §2.227. Anti-Bullying Month
- Kentucky Revised Statutes Annotated §158.148. Definition of “bullying” – discipline guidelines and model policy – Local code of acceptable behavior and discipline – Required contents of code
- Kentucky Revised Statutes Annotated §158.441. Definitions for chapter
- Kentucky Revised Statutes Annotated §158.444. Administrative regulations relating to school safety – role of department of education to maintain statewide data collection system – reportable incidents – annual statistical reports – confidentiality
- Kentucky Revised Statutes Annotated §525.070. Harassment
- Kentucky Revised Statutes Annotated §525.080. Harassing communications

Kentucky Department of Education (KDE): [Bullying and Harassment Webpage](#)

What are the Kentucky state laws and regulations that cover bullying? stopbullying.gov

How are bullying and cyberbullying defined in Kentucky anti-bullying laws and regulations?

Kentucky anti-bullying laws include the following definition of bullying:
“Bullying” means any unwanted verbal, physical, or social behavior among students that involves a real or perceived power imbalance and is repeated or has the potential to be repeated:

1. That occurs on school premises, on school-sponsored transportation, or at a school-sponsored event; or
2. That disrupts the education process.

Ky. Rev. Stat. § [158.148](#) (2016)

Do Kentucky anti-bullying laws and regulations cover cyberbullying that occurs off-campus?

Yes. Kentucky anti-bullying laws cover off-campus conduct by imposing criminal sanctions for harassing communications.

What are the Kentucky state laws and regulations that cover bullying? stopbullying.gov

What are the policy requirements for schools to prevent and respond to bullying behavior?

Kentucky anti-bullying laws require school districts to formulate a code of acceptable behavior and discipline that prohibits bullying. The discipline code must contain key policy and procedural elements, including, but not limited to:

- Statements prohibiting bullying;
- Descriptions of the types of behavior expected from each student;
- Disciplinary consequences for students who fail to obey discipline standards and statements regarding the importance of the standards to the maintenance of a safe learning environment;
- Procedures for identifying, documenting, and reporting incidents of bullying;
- Procedures for investigating and responding to bullying complaints, including reporting incidents to the parents or legal guardians of the students involved;
- Strategies or methods of protecting students from retaliation for reporting an incident of bullying; and
- Processes for informing students, parents, legal guardians, and school employees of the requirements of the code, including training for school employees.

Kentucky anti-bullying laws require districts to update codes of discipline no less frequently than every two years and to report data on major discipline problems to the state.

What are the Kentucky state laws and regulations that cover bullying? stopbullying.gov

Do Kentucky anti-bullying laws and regulations include protections for specific groups?

No. There are no specific groups listed under Kentucky anti-bullying laws or regulations. Kentucky schools that receive federal funding are required by federal law to address discrimination based on certain personal characteristics. [Find out when bullying may be a civil rights violation.](#)

Do Kentucky anti-bullying laws and regulations encourage or require districts to implement bullying prevention programs or strategies?

No. Kentucky anti-bullying laws do not require districts to implement bullying prevention programs or strategies.

Do Kentucky anti-bullying laws and regulations encourage or require districts to train teachers and other school staff on how to respond to bullying incidents?

Yes. Kentucky school district codes of discipline must include a process for informing students, parents, legal guardians, and school employees of the requirements of the code, including training for school employees.

What are the Kentucky state laws and regulations that cover bullying? stopbullying.gov

Do Kentucky anti-bullying laws and regulations encourage or require districts to provide safeguards or mental health supports for students involved with bullying?

No. Kentucky anti-bullying laws do not require districts to provide safeguards or mental health supports for students involved with bullying.

Do Kentucky anti-bullying laws and regulations involve parents in efforts to address bullying behavior?

Yes. Kentucky anti-bullying laws require school districts to report incidents of bullying to the parents, legal guardians, or other persons exercising custodial control or supervision of the students involved.

For More Information

Visit the Kentucky Department of Education’s “[Bullying and Harassment](#)” webpage and/or view the Kentucky [state model policy](#) on bullying and harassment.

The key component framework used in the analysis of state laws is based on the review of legislation presented in the “Analysis of State Bullying Laws and Policies – December 2011” (U.S. Department of Education).

Keep a Record

Content should include:

- Written information about the bullying incidents
- Date of the event
- Persons involved
- Child's account of the event

Talk With Your Child About Bullying

- Listen
- Believe
- Be supportive
- Be patient
- Provide information
- Explore options for intervention strategies

Talk With Your Child

Why Students Might Not Tell

PACER CENTER'S
TEENS AGAINST BULLYING™

HOME IDENTIFY RESPOND (LISTEN) ACT RESOURCES

Advice Gone Wrong

ADVICE GONE WRONG

Bullying is not cool. If there was a way to end it, teens would be all for it, but they can't do it on their own. Adults need to give good advice, provide options, show solutions that work. Here's how some adults' reactions look to teens.

Just get along	Talk it out
It's part of growing up	Tell them how you feel
Ignore them, they'll stop	Hit 'em back
Wait and see what happens	

Listen
Listen Up
Been There
High Expectations
Advice Gone Wrong
Inside Story
We Need To Talk

DEMI LOVATO IN THE NEWS SIGN THE PETITION DONATE AWARENESS MONTH

Contact Us Your Opinion Counts Site 4 Kids PACER's National Center for Bullying Prevention Accessibility Privacy Statement Site Map

National Bullying Prevention Center™

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Students may:

- Fear an “overreaction”
- Feel judged
- Be embarrassed
- Find it hard to talk about anything
- Feel ashamed
- Feel responsible
- Think it does no good
- Worry they won't be protected
- Think it's not macho
- Decide adults don't care

[Link to ADVICE GONE WRONG](#)

Talk With Your Child

Reactions to Avoid

- Telling your child to stand up to the bully
- Telling your child to ignore and avoid the bully
- Taking matters into your own hands

Talk With Your Child

Does Your Child Recognize Bullying?

Questions to ask your child:

- Do you think the other student hurt you on purpose?
- Was it done more than once?
- How did it make you feel? (sad, scared, angry?)
- Did it make you feel unsafe?
- Is the other student stronger or more powerful in some way? (physically, socially, etc.)

(Adapted from "Your Child: Bully or Victim? Understanding and Ending Schoolyard Tyranny." Peter Sheras, Ph.D., 2002)

Encourage Self-advocacy

“You Are Not Alone”

Provide your child with affirmations that:

- You are not alone.
- It is not up to you to stop the bullying.
- Bullying happens to a lot of kids but that NEVER makes its right.
- No one deserves to be bullied. Everyone deserves respect.
- We all need to work together.

Encourage Self-advocacy

The Right to Be Safe

All students have a right to:

- Be safe at school
- Expect adults to keep them safe
- Assert that right when they are being bullied

Encourage Self-advocacy Response Strategies

- Report the situation
 - To a parent or guardian
 - To a trusted adult at school
- Move away from the situation
- Quote school policy

Student Action Plan Against Bullying

Designed for youth to complete with or without an adult

Bullying affects everyone and every student can play an important role in preventing bullying. That means YOU can take charge of what is happening around you! Use this plan to think through a difficult situation and take steps to change what is happening to you or someone else. Whether you are the target of bullying, a witness, or the person who bullies, this plan can help you think through potential responses and come up with next steps to help prevent the bullying.

What you can do

Become an advocate or self-advocate. An **advocate** helps others get what they need. A **self-advocate** communicates their own needs. It's important to understand that being a self-advocate does not mean you need to take next steps on your own. Self-advocacy is about being a part of the process, expressing your opinion, and ensuring that you are comfortable with the action steps taken toward that solution.

How to use the Student Action Plan Against Bullying

1. Read through the examples on pages two and three of this document
2. Decide if you want to start this on your own or if you would like to involve an adult with information on the best way to support you. This is important because sometimes adults aren't aware that the bullying is happening, and many bullying situations won't get resolved until a caring adult is involved.
Note: Even if you start this on your own, it's important to share with a trusted adult and provide them with information on the best way to support you. This is important because sometimes adults aren't aware that the bullying is happening, and many bullying situations won't get resolved until a caring adult is involved.
3. Complete the "My Personal Action Plan Against Bullying," on page four with your own experience as a target of bullying, a witness, or the person who is bullying

What's next?

- By completing this plan, you are taking action toward a solution.
- ✓ If you haven't shared your plan with an adult you trust, now is the time to have their help and support
 - ✓ Let the adult know how important it is to have their help and support
 - ✓ Talk through your ideas together
 - ✓ Decide which steps to take and who will help
 - ✓ Write down your notes in your action plan

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8161 Normandale Blvd. Minneapolis, MN 55437 | (952) 838-9000 | 888-248-0822 | Bullying411@PACER.org
PACER.org/Bullying | PACERKidsAgainstBullying.org | PACERTeensAgainstBullying.org



Encourage Self-Advocacy

Student Action Plan

Designed for youth to complete with or without an adult.

A printed booklet to help think through potential steps to take in a bullying situation.

Cyberbullying

- Have the cyberbullying conversation.
- Set cyber safety rules.
- Know what your children are doing online.

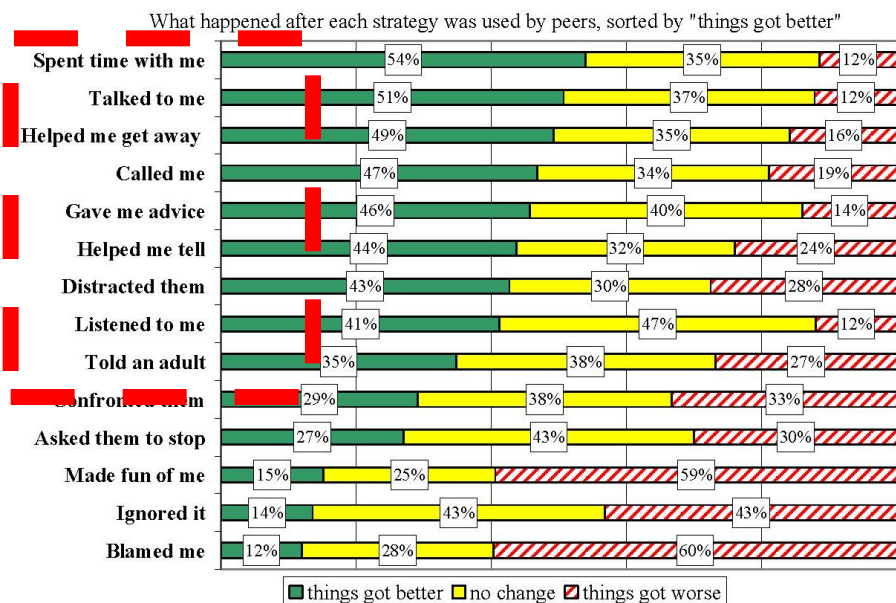
Take Action if Your Child is the Bully

1. Talk with your child.
2. Consider if the behavior is disability-related.
3. Teach empathy, respect, and compassion.
4. Make your expectations clear.
5. Provide clear, consistent consequences for bullying.
6. Teach by example.
7. Role play.
8. Provide positive feedback.
9. Be realistic.
10. Seek help.

Role of An Active Bystander

Preliminary results from the Youth Voice Research Project: Victimization & Strategies

What happened after peers did that? – Sorted by “THINGS GOT BETTER.”



Bystanders can help students who are bullied by:

- Spending time with the student being bullied
- Trying to get the student away from the situation
- Listening to the student being bullied
- Telling the student that no one deserves to be bullied

Video – Kevin Jennings

Kevin Jennings, former assistant deputy secretary for the Office of Safe and Drug-Free Schools in Washington, D.C., recorded a video for PACER’s National Bullying Prevention Center titled, [“The Role of Bystanders”](#)





Bullying as a Civil Rights Issue

In a “Dear Colleague” letter dated October 26, 2010, the Department of Education’s (ED) Office for Civil Rights (OCR) stated that bullying may also be considered **harassment** when it is based on a student’s race, color, national origin, sex, or **disability**.

Harassing behaviors may include:

- Unwelcome conduct such as verbal abuse, name-calling, epithets, or slurs
- Graphic or written statements
- Threats
- Physical assault
- Other conduct that may be physically threatening, harmful, or humiliating

State and local laws may provide additional protections on another basis, including sexual orientation.

<https://sites.ed.gov/idea/files/idea/policy/speced/guid/idea/letters/2010-4/ocrcolleague102610harassbully4q2010.pdf>



- The Numbers
- Disability Harassment *Dear Colleague* Letter (10/26/10)
- Federal Laws
- Schools' Duties
- Template Letter
- Using the Individualized Education Program (IEP)
- Filing A Complaint
- Peer Advocacy

For Parents Of Children With Disabilities

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The Numbers

- Bullying of children with disabilities is significant, although few studies exist to document it.
- The studies that have been published found that children with disabilities were two to three times more likely to be bullied than their nondisabled peers.

Disability Harassment

According to a July 25, 2000 Dear Colleague letter from the Office for Civil Rights and the Office for Special Education and Rehabilitative Services (OSERS) in the U.S. Department of Education, “States and school districts also have a responsibility under Section 504, Title II, and the Individuals with Disabilities Education Act (IDEA), which is enforced by OSERS to ensure that a free appropriate public education (FAPE) is made available to eligible students with disabilities. Disability harassment may result in a denial of FAPE under these statutes.”

Federal Laws that Apply to Disability Harassment

Section 504 of the Rehabilitation Act of 1973 (often referred to as 'Section 504') and Title II of the Americans with Disabilities Act of 1990 (Title II) are the federal laws that apply if the harassment denies a student with a disability an equal opportunity to education.

The Office for Civil Rights (OCR) enforces Section 504 and Title II of the ADA. Students who meet the Section 504/ADA definition of disability would qualify for these protections, including students who have a record of a disability or are regarded as having a disability.

Schools' Duties

Immediate and appropriate action to investigate or otherwise determine what happened.

When an investigation reveals that harassment has occurred, a school should take steps that are reasonably calculated to end the harassment, eliminate any hostile environment, prevent harassment from recurring, and prevent retaliation against the targeted student(s) or complainant(s).

Notifying School About Bullying

_____, _____ (your address)
_____, _____ (city, state, zip)
_____, _____ (date)

_____, _____ (name of Principal)
_____, _____ (name of school)
_____, _____ (school address)
_____, _____ (city, state, zip)

RE: _____ (first/last name of child)
Dear, _____ (name of Principal)

My child, _____ (first name of child) is in the _____ (grade level) at _____ (name of school). At school _____ (s/he) has been bullied and harassed by _____ (name of harasser(s)). This has occurred on _____ (date or approximate period of time) when _____ (describe as many details of the incident(s) as can be recalled). When this happened _____ (name of witness(es)) heard or saw it and _____ (their response(s)). We became aware of this incident when _____ (describe how you were notified). _____ (first name of child) was hurt by this bullying and harassment. (S/He) had _____ (describe physical injuries, emotional suffering and any medical or psychological treatment required).

_____ (Our/My) child has the right to be in a safe environment at school so _____ (s/he) can learn.

Please send _____ (me/us) a copy of the District policies on bullying and harassment, investigate this problem and correct it as soon as possible. Please let _____ (me/us) know, in writing, of the actions you have taken to rectify the situation and to ensure it does not happen again. I expect a response within 5 business days.

Thank you for your prompt attention to this serious problem.

Sincerely,
(sign in this area)

_____ (print your name)

CC: _____ (name of Superintendent of Schools) Superintendent
(Sign and keep a copy for your records)

Template Letter 504 and IEP

- “Student with an IEP, Notifying School About Bullying”
- “Student with a 504, Notifying School About Bullying”

are template letters for parents who have a child with an Individualized Education Program (IEP) or Section 504.

Using the Individualized Education Program (IEP)

The Individualized Education Program (IEP) team, which includes the parent, can identify strategies that could be written into the IEP to help stop the bullying.

It may be helpful to involve the child, when appropriate, in the decision-making process, since this can improve the likelihood of the student meeting the IEP goals.

Filing A Complaint

Parents who believe their student's rights have been violated can file a COMPLAINT of DISCRIMINATION with:

- Office for Civil Rights *or*
- Department of Justice

Filing A Complaint - Denial of FAPE

Parents who believe their child has been denied the right to a free, appropriate education (FAPE) can file a complaint with their state educational agency.

Peer Advocacy

A bullying prevention initiative designed to reduce bullying of students with disabilities by engaging, educating, and empowering designated peers to advocate for specific students with disabilities.

Peer Advocacy Video





Bullying Prevention, It's Everyone's Responsibility!



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Want to Help?
Be A Champion Against Bullying
Resources for Communities, Schools,
Parents and Students

- ❖ [PACER's National Bullying Prevention Center](#)
- ❖ Bullying Prevention 101: A Quick Guides:
 - ❖ [Elementary School Students](#)
 - ❖ [Middle and High School Students](#)
 - ❖ [Parents](#)
- ❖ [Bullying Info and Facts](#)
- ❖ [Bullying and Harassment of Students with Disabilities – Top 10 Facts for Parents, Educators and Students](#)
- ❖ [Notifying the School About Bullying – Using a Template Letter](#)
- ❖ [Common Views about Bullying](#)
- ❖ [Cyberbullying: What Parents Can Do to Protect Their Children](#)
- ❖ [Elementary School Student – If You See Bullying](#)
- ❖ [Elementary School Students – Bullying 101: The Club Crew's Guide to Bullying Prevention](#)
- ❖ [Elementary School Students – If You Are a Target \(Of Bullying\)](#)
- ❖ [Elementary School Students – If You Are Bullying](#)

- ❖ [Middle and High School Students – Bullying 101: Guide for Middle and High School Students](#)
- ❖ [What if Your Child IS the One Showing Bullying Behavior?](#)
- ❖ [What Youth Can Do If They Are Experiencing Bullying](#)
- ❖ [What Youth Can Do to Help Peers Who Are Experiencing Bullying](#)
- ❖ [What Adults Can Do to Help Youth Experiencing Bullying](#)
- ❖ [What Parents Should Know About Bullying: Working With the School](#)
- ❖ [Record Keeping and Bullying](#)
- ❖ [Safety in the Online Community: A conversation with your 13-year-old about Facebook and Instagram Guide and Checklist](#)
- ❖ [Talk to Your Child About Bullying](#)
- ❖ [What If Your Child IS the Bully?](#)
- ❖ [Students with Disabilities and Bullying](#)
- ❖ [Students with Disabilities and Bullying: Top five things for parents, educators and students to know](#)
- ❖ [IEP and Bullying](#)
- ❖ [Telling Classmates About Your Child’s Disability May Foster Acceptance](#)

Additional Resources:

- ❖ [Use Positive Strategies to Protect Your Child with Disabilities from Bullying](#)
- ❖ [The Peer Advocacy Guide](#)
- ❖ [Use Positive Strategies to Protect Your Child with Disabilities from Bullying](#)
- ❖ [KidsAgainstBullying.org](#) A creative, innovative and educational website designed for elementary school students to learn about bullying prevention, engage in activities and be inspired to take action.
- ❖ [TeensAgainstBullying.org](#) Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, to take action, to be heard, and to own an important social cause.
- ❖ [Bullying and Harassment \(KDE\)](#)
- ❖ [Stop Bullying Now, U.S. Department of Education](#)
- ❖ [988 Suicide & Crisis Lifeline](#) No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling [988](#) you'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.



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YouTube



**If you still have
questions...**

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[Online Contact Form](#)

[KY-SPIN Resources \(Infographics, short videos & more\)](#)

Please complete
our evaluation



[Link](#)

<https://forms.gle/pvy3Dok1tmWUnbsL7>