

LCPS Bullying Prevention & Education

Presented By: LCPS School Counseling Specialists

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Agenda

- Understanding Bullying Behavior
- LCPS Bullying Prevention & Education
- Family Support
- Questions and Comments

Understanding Bullying

This presentation will focus of the preventative education that takes place in our Elementary, Middle, and High Schools. Discipline for incidents of bullying will not be discussed in this presentation, as this is a response to bullying, and the responsibility of school administrators, not school counselors.

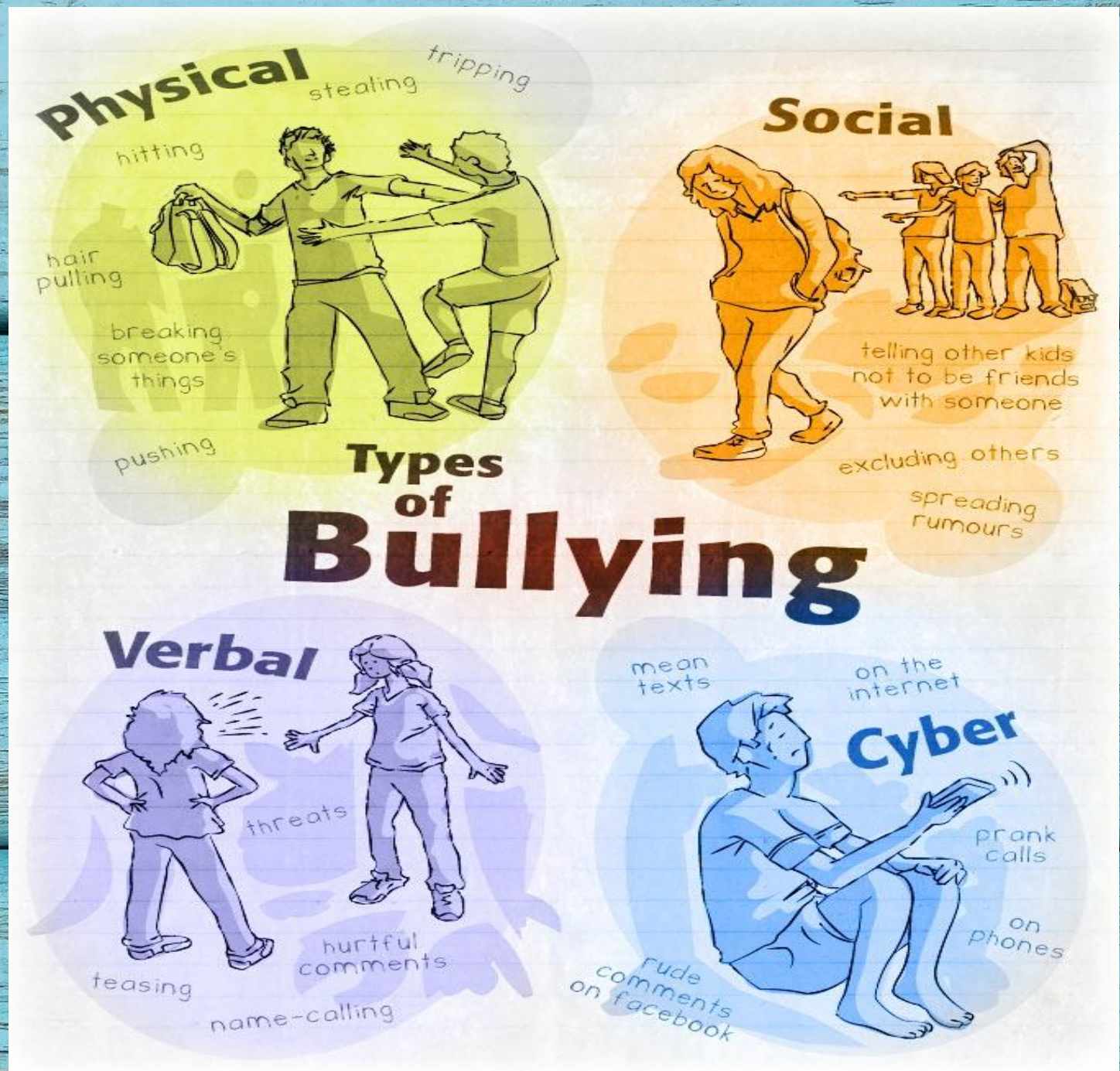
What is Bullying?

- “Any aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the victim; involves a real or perceived power imbalance between the aggressor or aggressors and victim; and is repeated over time or causes severe emotional trauma. (Code of Virginia (§ 22.1-276.01)
- Bullying includes cyberbullying.
- Bullying does not include ordinary teasing, horseplay, argument or peer conflicts.

LCPS Policy

- [Bullying Prevention & Education: Policy 8250](#)
- Each school's website will include the following:
 - Bullying Prevention Coordinator
 - Policy 8250
 - How and to whom students report bullying
 - Resources for families

4 Types of Bullying



Roles in Bullying Behavior



**Students
Who
Bully**



**Students
Who are
Bullied**



Bystanders



Upstanders

Student can have multiple roles

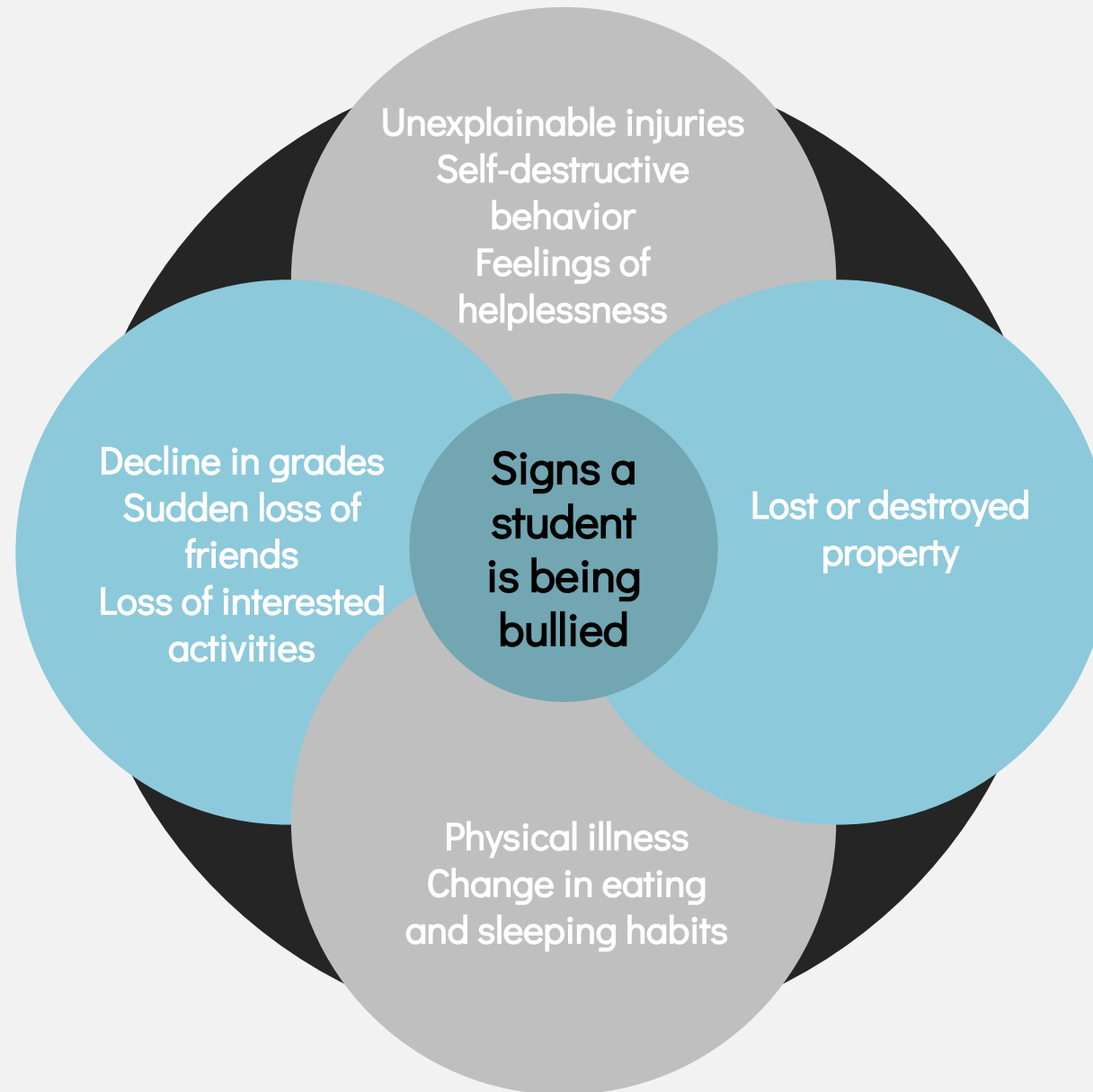
Peer Conflict vs. Bullying

Peer Conflict

- Equal “power” in relationship
- Disagreement - both express their views
- Both students are upset
- Students feel remorse or make actions to stop behavior or restoring harm
- Both students are willing to solve the problem and restore relationship
- Happens occasionally

Bullying

- Imbalance of “power”
- One student feels upset, not the other
- Student who is bullying may not see a need for resolution
- Intent may be to cause harm
- Can have emotional or physical effects
- Is ongoing, happening over and over, even after they realize it is hurting someone



LCPS Bullying Prevention & Education

- School Counseling
Services Approach

Elementary School

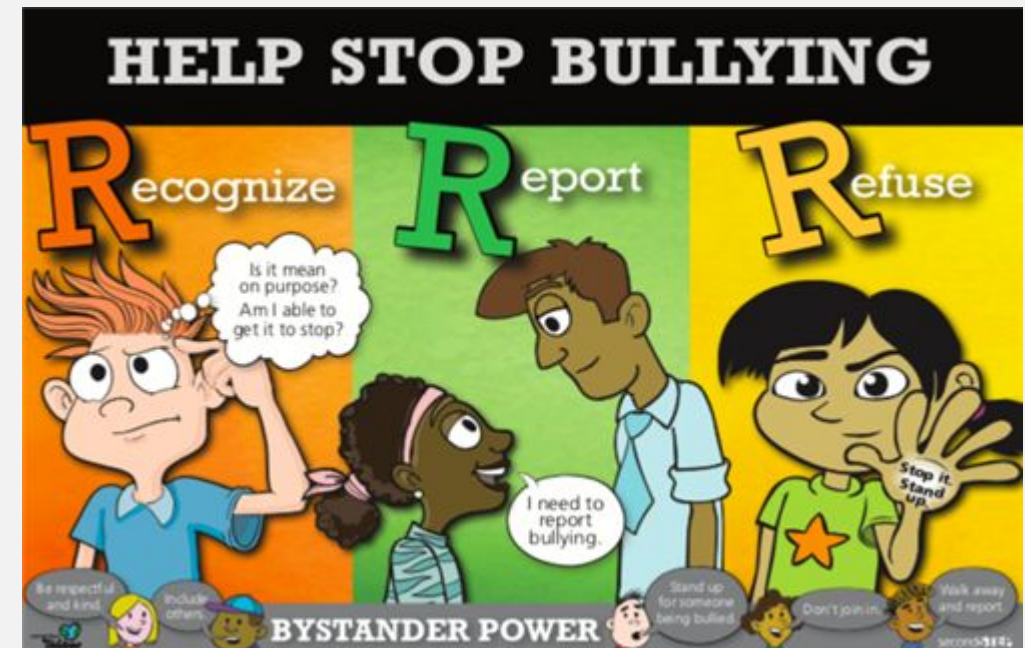
Second Step Bullying Curriculum:

Kindergarten, First, Second, and Third Grades

- Recognizing Bullying
- Reporting Bullying
- Refusing bullying
- Bystander Power

Fourth and Fifth Grades

- Recognize, Report Refuse
- Bystander Power
- Bystander Responsibility
- Bystanders to Cyberbullying



Elementary School



Middle School

6th Grade

- General bullying overview
- Differences between rude, mean, and bullying
- Impacts of bullying

7th Grade

- Healthy relationships
- Boundaries

8th Grade

- Cyberbullying overview
- Staying safe online



When someone says or does something
unintentionally hurtful
and they do it once, that's
RUDE.

When someone says or does something
intentionally hurtful
and they do it once, that's
MEAN.

When someone says or does something
intentionally hurtful and they *keep doing it*—
even when you tell them to stop or show
them that you're upset—that's
BULLYING.

Middle School

Sources of Strength

- Peer leaders support students with identifying their strengths to cope with stressors
- Makes connections with trusted adults
- Collaborate on Advisory lessons focusing on each source of strength



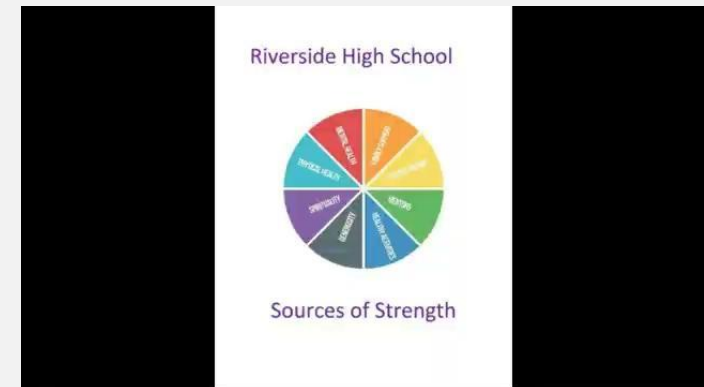
High School

Grade 9 to 12:

- Anti-Bullying Advisory Lessons
- Unity Day Lessons
- Unity Day - Wear Orange
- Bullying Awareness Lesson
- Don't Bully Assembly



KINDNESS ACCEPTANCE INCLUSION
KINDNESS ACCEPTANCE INCLUSION
KINDNESS ACCEPTANCE INCLUSION
UNITY DAY
KINDNESS ACCEPTANCE INCLUSION
KINDNESS ACCEPTANCE INCLUSION



Family Support

- Parents and Guardians play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying, there are several resources that may help.

How Can Families Support?

- Listen to your children
- Build Resiliency
 - Help your child develop self-confidence
 - Encourage positive interactions with peers
 - Teach safety strategies and how to seek help
 - Make and enforce rules about phone and computer use
 - Discuss appropriate treatment of peers while modeling and monitoring behavior
- Skill Building
 - Help your children identify bullying behaviors
 - Model how to treat others with kindness and respect
 - Encourage children to do what they love and find peers that accept and support them
 - Keep the lines of communication open
 - Discuss strategies to respond to bullying behaviors
- Act
 - Support your child in finding resolutions or systems of support

Reporting

- Contact with your school counselor and/or administrators
- Information to share:
 - Names of students involved
 - Witnesses (if applicable)
 - When it occurred
 - Where it occurred
 - Full details of bullying incidents
- Reports will be kept **confidential** to protect the identity of the person making the report and those involved

School Response

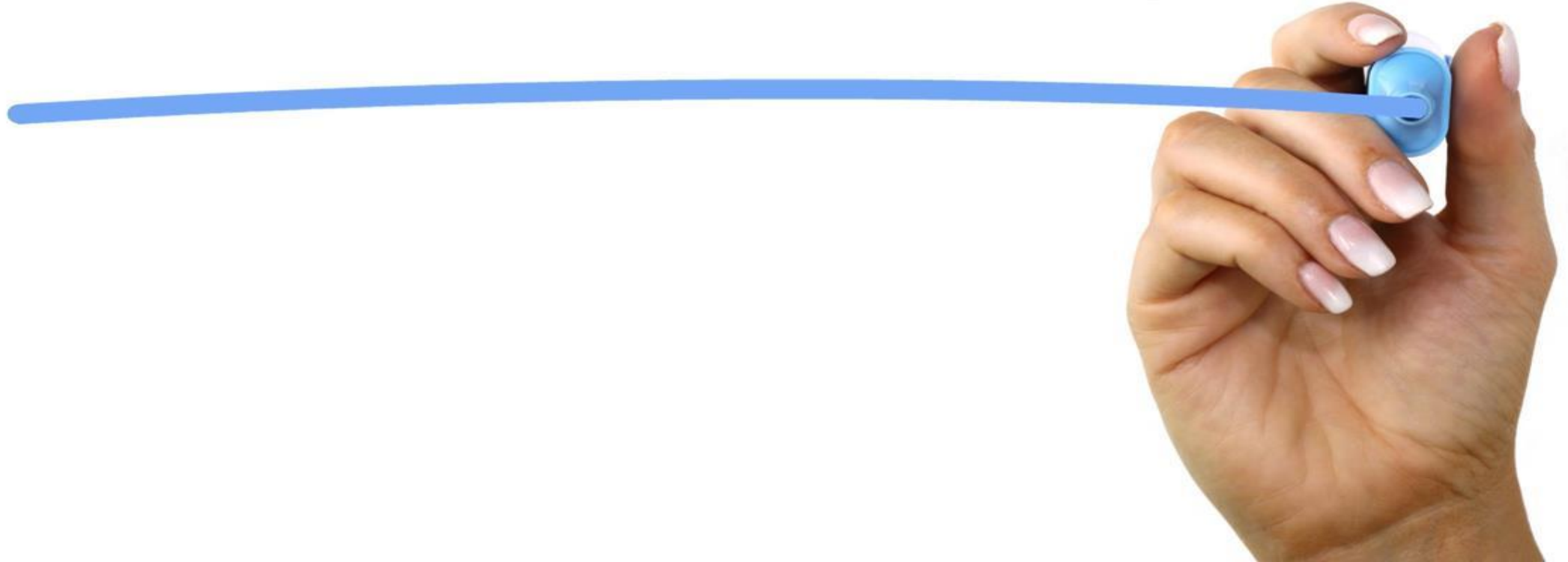
- Administrators and school counselors collaborate to meet with all students involved
- Families will be notified in a timely manner
 - Families can always contact the school at any time
- Restorative practices

Goal: to ensure that all students feel happy, safe and comfortable in their school environment!

Available Student Support

- Check ins with Unified Mental Health Team (UMHT)
 - School counselors, social workers, school psychologists, administrators
- Individual student support
- Small group counseling
- Classroom lessons
- Restorative circles
- Restorative conferences
- Peer helpers

QUESTIONS



Resources

- [School Counseling Services Website](#)
- [Second Step Bullying Prevention Curriculum](#)
- [Kids Against Bullying \(Pacer\)](#)
- [National Bullying Prevention Center \(Pacer\)](#)
- [Stop Bullying.gov](#)
- [National Center on Safe and Supportive Learning](#)
- [Common Sense Media Cyberbullying](#)

Thank you!

Contact Information

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