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Dear Discovery Owl Parents and Guardians

With Bullying being such a serious issue, we want to make sure that parents understand the 4 types of conflict. Conflict is a word used to describe when people aren't getting along or when there is a problem between two or more people. The 4 types of conflict are disagreement, rude moment, mean moment and bullying.

A Disagreement:

- When people have different ideas about something.
- Usually no one's feelings are hurt.

A Rude Moment:

- Hurting someone's body or feelings on accident.
- Someone isn't being careful with their body or someone isn't thinking about the other person

A Mean Moment:

- Hurting someone's body or feelings on purpose.
- Happens just one time or every once in a while.

Bullying:

- Hurting someone's body or feelings on purpose.
- Happens over and over again.
- The person doing the hurting has more power:
 - Older
 - Bigger
 - More than one person
 - More popular
 - Afraid of them

QUESTIONS TO ASK

If the child is talking about the situation, parents can help their child recognize bullying behavior by asking more questions such as:

- Did the child hurt you on purpose?
- Was it done more than once?
- Did it make you feel bad or angry?
How do you feel about the behavior?
- Did the child know you were being hurt?
- Is the other child more powerful (i.e. bigger, scarier) than you in some way?

For the child who is reluctant to talk about the situation, questions may include:

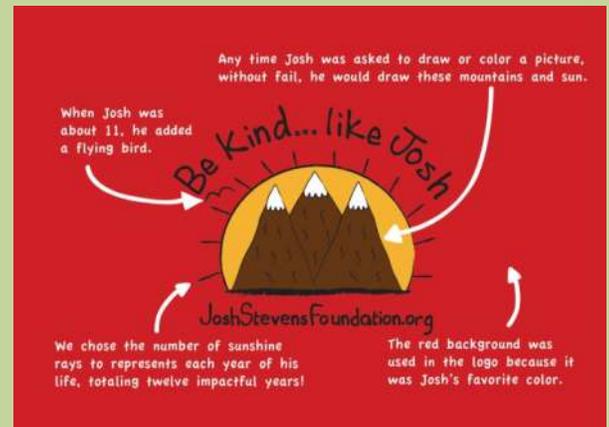
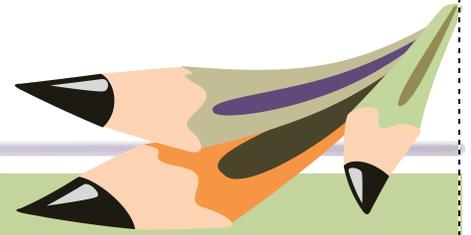
- How was gym class today?
- Who did you sit by at lunch?
- You seem to be feeling sick a lot and want to stay home. Please tell me about that.
- Are kids making fun of you?
- Are there a lot of cliques at school?
What do you think about them?
- Has anyone ever touched you in a way that did not feel right?

www.pacer.org/publications/bullypdf/BP-2.pdf

If you find that your child has been bullied:

- Find out pertinent and detailed information about what the bullies are doing, dates, times, places, actions, etc. Document everything.
- Find out any threats that have been made toward your child, and if it pertains to outside of school; contact the police.
- Contact the school during hours of operation and make an appointment with the asst. principal for a face to face meeting.
- Outline the details, not in an angry rant, but as if you were telling a friend what occurred.
- Obtain a copy of the school's anti-bullying policy to determine if the bully violated a school policy.
- When you meet with the school principal, tell your child's story and ask for help.
- Relate the facts and leave your emotions out of it. If you feel the bully has violated the school's anti-bullying policy, bring this up calmly into the conversation.
- Ask what you can do together to stop the bullying. Write down everything he said and agreed to do, because you are going to hold him accountable for it.
- Follow up with your child to see if the bullying stops, and follow up with the principal.

From stompoutbullying.org



We want our school to be a “be kind” school. We want our students to realize that kindness is never a lost art. We look forward to continuing to work with our parents and guardians so that our students feel safe and happy at school.

Heidi Ongbongan
School Counselor
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If you have any questions please do not hesitate to call.

