

What can I do about bullying at my child’s school?

According to research, most of our children are likely to bullies, victims, or observers of bullying. We hear of the tragic results of this terrible reality on the news and may have unfortunately experienced them first-hand. Here are some ways you can take control and prevent bullying. For details, visit: www.education.com.

1. **Listen to your kids ... every day.** Spend a few minutes each day asking your kids who they spend time with at school and in the neighborhood, what they do in between classes and at recess, who they have lunch with, or what happens on the way to and from school.
2. **Volunteer your time at school during recess.** Research shows that 67% of bullying happens when adults are not present. Schools don’t have the resources to do it all and need parents’ help in reducing bullying.
3. **Watch for signs that your child may be being bullied** include frequent loss of personal belongings, complaints of headaches or stomachaches, avoiding recess or school activities, getting to school very late or very early.
4. **Find out your school’s policies.** Whether your children have been bullied or not, you should know what their school is doing to address bullying. Research shows that “zero-tolerance” policies aren’t effective. What works better are ongoing educational programs that help create a healthy social climate in the school.
5. **Establish household rules about bullying.** Your children need to hear from you explicitly that it’s not normal or okay for them to bully, to be bullied, or to stand by and just watch other kids be bullied. Make sure they know that if they are bullied physically, verbally, or socially (at school, by a sibling, in your neighborhood, or online) it’s safe and important for them to tell you about it and that you will help.

Signs of Cyberbullying

- Avoids the computer, cell phone, and other technological devices , appears stressed when receiving an e-mail, instant message, or text
- Withdraws from family and friends, or acts reluctant to attend school and social events
- Avoids conversations about computer use
- Exhibits signs of low self-esteem including depression and/or fear
- Grades begin to decline
- Lack of eating or sleeping

Signs Your Child is a Cyberbully

- Has been involved in bullying incidents at school or has been the target of bullies in the past
- Avoids conversations about their computer and cell phone activities
- Laughs excessively while using the computer or cell phone
- Uses multiple online accounts, or an account that is not their own
- Spends an unusual amount of time using the computer or cell phone
- Becomes upset when access to the computer or cell phone is denied

How do students feel about bullying and other things about their school?

The School Report Card tells you how many students felt safe at school, said adults knew their names, thought their school was clean, and thought their tasks took a lot of thinking.

Also, take a look at your report card to learn how parents and staff felt about their school.

Look for how students at your school feel about their school on the Learning Environment page (page 3) of the School Report Card.

Students:	Number (percent) responding:	69 (98%)
What we are learning takes a lot of thinking.		83%
Adults at this school know my name.		78%
My school is clean.		52%
I feel safe on school grounds.		81%
Parents:	Number (percent) responding:	45 (50%)
I feel welcome to participate at the school.		85%
This school has activities at times I can attend.		72%
I talk with the teacher about my child's schoolwork.		27%
My child is safe on school grounds.		77%
Staff:	Number (percent) responding:	10 (80%)
I get the help I need to communicate with parents.		74%
I am proud of this school.		71%
My school is clean.		79%
I feel safe on school grounds.		85%

For more information on the survey results, go to <http://reportcardsurvey.lausd.net>.

Go to reportcardsurvey.lausd.net to find out what kids said about bullying.

SURVEY QUESTION	% of students who responded:			
	Strongly disagree	Disagree	Agree	Strongly agree
A. Graffiti/tagging is [not] a problem at my school.*	28%	20%	16%	36%
B. Bullying is [not] a problem at my school.*	39%	21%	14%	25%
C. Gangs are [not] a problem at my school.*	27%	12%	11%	49%

For more information, contact the School Report Card at (213) 241-5600 or reportcard@lausd.net.