

SOCIAL EMOTIONAL LEARNING (SEL) @ Home

October is Bullying Awareness Month

Theme: The Power of Words - Kindness, Inclusion, Acceptance

- How have words affected you?
- How have your words affected others?

Save the Dates:

- **October 12 - National Stop Bullying Day (WEAR BLUE)**
- **October 17 - 20 - The Power of Words Lesson**
- **October 19 - UNITY Day (WEAR ORANGE)**
- **October 28 - Student Voices at Gunston**
- **Website: <https://www.pacer.org/bullying/>**



APS Defines Bullying As . . .



- aggressive and unwanted behavior that is intended to harm, intimidate (scare), or humiliate (embarrass)
- involves a power imbalance between the aggressor (bully) and student (victim)
- repeating infliction (cause) or attempting infliction (to cause) of injury, discomfort or humiliation (embarrassment)
- a pattern of aggressive (harmful or hurtful behavior), intentional or hostile behavior that occurs repeatedly and over time
- cyberbullying, when occurring through the use of electronic means (cell phones, texts, social media, or other forms of online communication)
- **Website: <https://www.apsva.us/student-services/bully-prevention/>**

Rude, Mean or Bullying?

IS IT
BULLYING?

Rude - Unintentional behavior that is very upsetting

Mean - Intentionally saying or doing something to hurt someone

Bullying - **Repeated, intentional** behavior that is harmful and involves an imbalance of power

How to Report Bullying

- Contact an Administrator, School Counselor, or Trusted Adult
- Remind your child to use the **Gunston Student Safety Reporting Form**
- **Link: [APS Bullying-Harassment Incident Form](#) or use QR code**



Tips for Families



Link: [Bullying Prevention 101: A Quick Guide for Families](#)

Website: <https://www.pacer.org/bullying>

Talking With Your Child About Cyberbullying

5 Things Families Should Know

- Help to define cyberbullying
- Be open about online communication
- Establish online communication rules
- Plan how to deal with cyberbullying
- Encourage your child to be an upstander
 - **Website:** [Pacer.org/Starting a Conversation about Cyberbullying](#)



Resources for Students with Disabilities



5 Things Families Should Know

- Bullying affects students' ability to learn
- Bullying vs Harassment
- Advocacy for self and others
- Law and policy
- Individualized support and resources
- **Website:** [Pacer.org/HelpingYourChild](#)

Resources for LGBTQIA+ Students

Signs of Bullying that Families Should Be Aware Of

- Decline in grades
- New or different friends
- Fear of going to school - school avoidance
- More withdrawn behaviors

How Families Can Support

- Show love and concern
- Engage in a conversation
- Learn more about the LGBTQIA+ community
- Monitor social media & dating websites
- Seek mental health support if needed
- **Website Resource:**
<https://mydoctor.kaiserpermanente.org/mas/news/how-parents-can-support-their-lgbtq-child-1869869>



