Bullying, Harassment, and Intimidation Prevention
Student Services

Supporting Student Success
Prince George's County Public Schools is one of the nation's 25 largest school districts in the United States and the second largest school system in Maryland. Bullying, harassment and intimidation have no place in Prince George’s County Public Schools. We are committed to ensuring that all schools and offices are inviting, welcoming, healthy, and culturally-sensitive places that promote success for ALL students.
What is Bullying?

"Any intentional conduct that creates a hostile educational environment by substantially interfering with a student’s educational benefits, opportunities or performance, or with a student’s physical or psychological well-being." (MSDE)

Behavior is defined as bullying if it meets three criteria:

- Unwanted
- Causes harm from repeated negative conduct
- In a relationship with an imbalance of power

Whether bullying happens in the hallways or online, such behavior can create hostile learning environments that interfere with students’ academic performance, and emotional and physical well-being.
How Do I Talk with My Child About Bullying?

- Keep the lines of communication open with your child
  - Know your child’s friends
  - Ask about the school day
- Listen to any questions or concerns that arise.
- Discuss if they have been bullied or ever witnessed an incident of bullying.
- Model how to treat others with respect and understanding.
Is My Child Being Bullied?

Warning Signs May Include:

- Unexplained damage or loss of clothing and other personal items
- Evidence of physical abuse, such as bruises and scratches
- Loss of friends; changes in friends
- Reluctance to participate in activities with peers
- Loss of interest in favorite activities
- Unusually sad, moody, anxious, lonely, or depressed
- Problems with eating, sleeping, bed-wetting
- Headaches, stomach aches, or other physical complaints
- Decline in school achievement
- Thoughts of suicide

What to do if your child is being bullied?

- Get as much information as you can from your child: Who? What? When? Where? How?
- Get the facts before labeling it bullying.
- Listen. Don’t blame or judge.
- Remind your child that bullying is not their fault.
- Remain calm.
- Contact your child’s teacher, school principal, or counselor.
Cyberbullying is bullying that takes place using electronic technology such as text messages, emails, posts on social media networks, pictures, videos, fake profiles and/or websites. It can reach a kid even when he or she is alone. It can happen any time of the day or night.
Cyberbullying can happen 24 hours a day, 7 days a week.

Cyberbullying is intended to “intimidate, control, manipulate, put down, falsely discredit, or humiliate the recipient.” Some common examples of cyberbullying are:

- Using electronic communication to monitor and harass the victim in order to control the victim’s online participation.
- Spreading rumors about the victim online to harm the victim’s reputation, and turning others to disparage the victim as well – sometimes by “ganging up” on the victim in an online forum.
- Using a fake online identity to trick the victim into revealing personal information, and using this information to harass the victim.
- Releasing the victim’s private information, including personal photos, with the intent to damage the victim’s reputation.
Cyberbullying

Technology is not the reason for cyberbullying. Social media sites can be used for positive activities, like connecting kids with friends and family, helping students with school, and for entertainment.

Kids who are cyberbullied are more likely to:
- Skip school
- Experience a decline in grades
- Have lower self-esteem
- Have health problems

Whether done in person or through technology, the effects of bullying are similar.
Cyberbullying

Helping Your Child:

- Establish cyber safety rules: Discuss with your child that they shouldn’t reveal anything that they wouldn’t tell a stranger and that they should not do or say anything online that they wouldn’t do or say in person.
- Know what your child is doing online: Privacy is important but safety is as well. Establish rules about your child’s access to cell phones, social networking sites and other accounts that they may use for posting and retrieving information. Make decisions about how often you will check the accounts.
- Keep your child's computer in an open spot where you can supervise your child’s activity.
- Monitor you child's cell phone.
- Decide if there will be limits to accessing and using technology to communicate with peers.

If you discover that your child is being cyberbullied:

- Remain Calm
- Get the facts
- Document by printing the e-mails or webpages, saving electronic copies
- Contact your child’s school
Is My Child A Bully?

If you think your child is bullying others:

- Talk with your child about the specific behavior and why it is wrong.
- Ask your child why he or she bullied.
- Talk about how his or her behavior impacts others.
- Contact your child’s teacher, principal and/or counselor to discuss what happened and strategies for moving forward.
- Remain calm.

Consequences should be used to teach. Not humiliate.
How to Report in PGCPS?

Complete the Bullying, Harassment, or Intimidation Report Form (Located at a school and online at http://www.pgcps.org/antibullying/).

Submit the form to the school for their investigation.

Maintain a copy.
Join Us in Our Effort

Prince George's County Public Schools
The Department of Student Services
http://www.pgcps.org/antibullying/
301-567-8670