

## Bullying Matrix

Type of Bullying	Parent
<p><b>Physical</b></p> <ul style="list-style-type: none"> <li>• Hitting</li> <li>• Kicking</li> <li>• Shoving</li> <li>• Spitting</li> <li>• Hazing</li> </ul>	<p><b>Notify</b> the school immediately if you find out this is happening to your child.</p> <p><b>Request</b> information about the school’s policy.</p> <p><b>Follow up</b> to make sure administrative processes are followed.</p>
<p><b>Verbal</b></p> <ul style="list-style-type: none"> <li>• Teasing</li> <li>• Name calling</li> <li>• Insults</li> <li>• Rumors</li> <li>• Gossip</li> </ul>	<p><b>Listen</b> to your child.</p> <p><b>Do not</b> blame him/her for being targeted.</p> <p><b>Keep track</b> of the bullying, including when and where it occurs, so you can provide the school with details.</p> <p><b>Make it clear</b> to your child that many value him/her.</p> <p><b>Don’t</b> let the bully’s version become your child’s identity.</p> <p><b>Monitor</b> your own behavior and make sure you are not modeling these.</p>
<p><b>Emotional/Non-Verbal</b></p> <ul style="list-style-type: none"> <li>• Exclusion</li> <li>• Damaging Property</li> <li>• Intimidating Gestures</li> <li>• Faking Friendship</li> </ul>	<p><b>Emphasize</b> the importance of seeking out those who treat others with respect.</p> <p><b>Be proactive</b> in encouraging friendships.</p> <p><b>Find</b> social networks for you child outside of school; this will lessen the impact of this kind of behavior.</p> <p><b>Alert</b> the school if the behavior persists.</p> <p><b>Recognize</b> that this can be an indication of poor social skills or learning differences.</p>
<p><b>Cyber – Using text, email, social networks to</b></p> <ul style="list-style-type: none"> <li>• Spread rumors</li> <li>• Embarrass or humiliate</li> <li>• Generate “quizzes” about students</li> <li>• Send hurtful messages</li> </ul>	<p><b>Help</b> your child eliminate the means of attack (blocking email, text, unfriending, etc.).</p> <p><b>Contact</b> the service provider and school to notify them of abuse.</p> <p><b>Understand</b> this type of bullying often works both ways, and hold your child accountable if he/she participates.</p> <p><b>Discuss</b> the potential consequences of the permanent record that remains on the Internet.</p>