

**Parent Tutorial on the
*Anti-bullying Bill of Rights Act (ABR)***

**Part 3: Harassment, Intimidation
and Bullying (HIB) Prevention**

About this tutorial...

- This is the third of four tutorials designed to help parents understand the *Anti-bullying Bill of Rights Act*. Part 1 provides information on the requirements in the ABR. Part 2 focuses on some HIB issues. Part 4 addresses HIB intervention.
- This tutorial is intended to help parents with children in public schools understand the requirements for HIB prevention in the ABR and learn strategies for preventing HIB.
- This tutorial is organized in a question and answer format.
- The following topics are covered in this tutorial:
 - Introduction and HIB facts.
 - The role of parents in school-based prevention planning.
 - Suggestions for preventing HIB at home.
 - Ways to collaborate with your child's school/school district.
- Each tutorial includes resources and questions to test your knowledge.

Preventing HIB: Introduction

- To keep HIB from happening, it is important for:
 - Adults to stop all HIB as soon as it happens;
 - Student and adults to be respectful; and
 - The needs of students to be identified and addressed early.
- HIB prevention efforts are most effective when they are supported by parents, community members, students and staff.
- HIB prevention approaches that have the most promise include activities for the entire building and for each classroom and that address each HIB incident.
- Parent support and involvement is important for creating a safe and orderly learning environment.

What role can parents play in planning school HIB prevention programs?

- ***HIB Prevention Programs*** (N.J.S.A. 18A:37-17)
 - Schools and school districts must annually implement and assess HIB prevention programs involving ***parents***, school staff, students, administrators, volunteers, law enforcement and community members.
 - The programs must be designed to create school-wide conditions to prevent and address HIB.

What are some suggestions for parents who want to take an active role in the prevention of HIB at their children's school?

- Learn about the school district's HIB policy and HIB prevention activities.
 - Talk to the school principal about participating in the annual review of the HIB policy and programs.
- Participate in the anti-bullying education of your child by becoming familiar with the school's anti-bullying curriculum and materials.
- Be active in school and community HIB prevention activities, including those sponsored by Parent and Teacher Associations or Parent and Teacher Organizations.
- Volunteer to be the parent representative on the school school safety team.
- Ask questions about the findings and activities of the school school safety team.
- Attend and ask questions or share information at the bi-annual public hearings where HIB incidents are reported by the CSA.
- Talk with other parents who are interested in HIB prevention.

What can parents do at home to help stop HIB?

- Be compassionate and respectful of individual differences.
- Spend extra time with your children.
- Teach your children about safety.
- Remind your children that “hitting back” or “getting back” can lead to serious consequences at home and in school.
- Identify safe places and safe adults for your children that are in and outside school.
- Help your children build self-confidence.
- Encourage your children’s talents and strengths.
- Allow your children to be part of solving problems, including HIB if it occurs.
- Ask your school about programs that can help your children develop and maintain social skills.

What steps can a parent take to prevent cyberbullying?

- **Communicate with your child.** Set up a daily time to talk and listen to their concerns about online activities. Talk about cyberbullying and encourage your child to tell you immediately if they see or experience cyberbullying.
- **Be aware of the sites your child visits online.** Be familiar with the technology they are using and the way they use it.
- **Develop and enforce rules.** Be clear on when, where, and for which purpose phones and computers may be used. Develop clear rules about appropriate and inappropriate online behavior. Decide on fair consequences, and consistently enforce them.

Final Points

- It is important to be familiar with and involved in the development of school HIB policies and programs.
- It is important to stay involved in your children's school. Your children can benefit from the positive working relationship you develop with school staff and school administrators.
- Send a clear message to your children that bullying behavior is not acceptable and that you can help.

Resources

- The following resources include information on the HIB prevention:
 - StopBullying.Gov – A federal government website managed by the [U.S. Department of Health & Human Services](http://www.stopbullying.gov/) 200 Independence Avenue, S.W. - Washington, D.C. 2020,1 <http://www.stopbullying.gov/> .
 - Cyberbullying Research Center, <http://www.cyberbullying.us/>.
 - National Parent Teacher Association – The National Parent Teacher Association (PTA) provides parents and families tools to help their children be safe, healthy, and successful in school and in life, <http://pta.org/bullying.asp> .
 - [Guidance for Schools on Implementing the *Anti-Bullying Bill of Rights Act*](http://www.state.nj.us/education/students/safety/behavior/hib/guidance.pdf) - This document provided by the New Jersey Department of Education includes information on best practices for HIB prevention, <http://www.state.nj.us/education/students/safety/behavior/hib/guidance.pdf>.

Test

For the Tutorial on Prevention for Parents

- On the following slides are 5 true or false statements designed to test your knowledge of key points made in this tutorial.
- A slide with each true or false statement is followed by a slide that includes:
 - The true or false answer;
 - An explanation for the answer; and
 - The associated slide number in the tutorial.

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Test Your Knowledge

Parent Tutorial on Prevention

1. One of the ways to keep Hib from happening is for adults to stop all Hib as soon as it happens.

True or False?

(Answer on next slide.)

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Test Your Knowledge Parent Tutorial on Prevention

1. True.

See slide #3.

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Test Your Knowledge

Parent Tutorial on Prevention

2. The ABR requires parents to be represented in the school district's annual prevention planning efforts.

True or False?

(Answer on next slide.)

-continued-

Test Your Knowledge Parent Tutorial on Prevention

2. True.

See slide #4.

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Test Your Knowledge

Parent Tutorial on Prevention

3. Parents cannot play a role in preventing HIB at school.

True or False?

(Answer on next slide.)

-continued-

Test Your Knowledge

Parent Tutorial on Prevention

3. **False.**

Parents can play an active role in Hib prevention activities in the school, at home and in the community.

See slides #4 – #7.

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Test Your Knowledge Parent Tutorial on Prevention

4. It is best when schools, instead of parents, take the lead in preventing HIB.

True or False?

(Answer on next slide.)

-continued-

Test Your Knowledge

Parent Tutorial on Prevention

4. **False.**

The most effective HIB prevention efforts are supported by parents, community members, students and staff.

See slide #3.

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Test Your Knowledge

Parent Tutorial on Prevention

5. It is impossible for parents to monitor and influence their children's internet, cyber or electronic activity.

True or False?

(Answer on next slide.)

-continued-

Test Your Knowledge

Parent Tutorial on Prevention

5. **False.**

Parents can become aware of the internet sites their children visit and can familiarize themselves with the technology their children are using and the way they use it.

See slide #7.

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