#### More Options 🌣

- - o Elementary
    - Middle
    - High
    - Other

# ELEMENTARY

- Adams Elementary
- Alcott Elementary
- Angier Elementary
- Baker Elementary
- Balboa Elementary
- Barnard Mandarin Magnet Elementary School
- Bay Park Elementary
- Benchley Weinberger Elementary
- Bird Rock Elementary
- Birney Elementary
- Boone Elementary
- Burbank Elementary
- Cabrillo Elementary
- Cadman Elementary
- Carson Elementary
- Carver Elementary
- Central Elementary
- César Chavez Elementary
- Cherokee Point Elementary
- Chesterton Elementary
- Chollas Mead Elementary
- Clairemont Canyons Academy
- Clay Elementary
- Crown Point Junior Music Academy
- Cubberley Elementary
- Curie Elementary
- Dailard Elementary
- Dewey Elementary
- Dingeman Elementary
- Doyle Elementary
- Edison Elementary
- Ellen Browning ScrippsElementary
- Emerson-Bandini Elementary
- Encanto Elementary
- Ericson Elementary
- Euclid Elementary
- Fay Elementary

Login

- Field Elementary
- Fletcher Elementary
- Florence Elementary
- Foster Elementary
- Franklin Elementary STEAM Magnet
- Freese Elementary
- Fulton K-8
- Gage Elementary
- Garfield Elementary
- Green Elementary
- Hage Elementary
- Hamilton Elementary School
- Hancock Elementary
- Hardy Elementary
- Hawthorne Elementary
- Hearst Elementary
- Hickman Elementary
- Holmes Elementary
- Horton Elementary
- Ibarra Elementary
- Jefferson IB Steam Magnet
- Jerabek Elementary
- John Muir Language Academy
- Johnson Elementary
- Jonas Salk Elementary
- Jones Elementary
- Joyner Elementary
- Juarez Elementary
- Kimbrough Elementary
- Kumeyaay Elementary
- La Jolla Elementary
- Lafayette Elementary
- Linda Vista Elementary STEAM Magnet
- Loma Portal Elementary School
- Marshall Elementary
- Marvin Elementary
- Mason Elementary
- McKinley Elementary
- Miller Elementary
- Miramar Ranch Elementary
- Mountain View School
- Normal Heights Elementary
- Nye Elementary
- Oak Park Elementary
- Ocean Beach Elementary
- Pacific Beach Elementary School

- Pacific View Leadership Elementary
- Paradise Hills Elementary
- Penn Elementary
- Perry Elementary
- Porter Elementary
- Rodriguez Elementary
- Rolando Park Elementary
- Rosa Parks Elementary
- Ross Elementary
- Rowan Elementary
- Sandburg Elementary
- Sequoia Elementary
- Sessions Elementary
- Sherman Elementary
- Silver Gate Elementary
- Spreckels Elementary
- Sunset View Elementary
- Tierrasanta Elementary
- Toler Elementary
- Torrey Pines Elementary
- Valencia Park Elementary STEAM Magnet
- Vista Grande Elementary
- Walker Elementary
- Washington Elementary
- Webster Elementary
- Wegeforth Elementary
- Whitman Elementary
- Zamorano Elementary Fine Arts Academy

# MIDDLE

# - HIGH

# OTHER

- Language\$
  - Spanish
  - Cantonese
  - o French
  - o German
  - o Italian
  - Tagalog
  - Vietnamese
  - Korean
  - Russian

- Hindi
- o Portuguese

San Diego Unified SCHOOL DISTRICT

Home About **Academics** 

Schools

**Enrollment** 

**Departments** 

A-to-Z Index











Staff Portal

Back to School Guide

COVID-19 Status

Tech Support for Families

San Diego Unified School District / About / Anti-Bullying / For **Parents** 

#### **For Parents**

# FOR PARENTS

#### En Espanol

Parents, guardians and caring adults can play pivotal roles in creating a healthy school and community climate that is free of bullying. By working together, educators, parents, concerned citizens, business leaders, advocates, and community members can

**Report Bullying**  support the implementation of bullying prevention programs, reinforce bullying prevention messages, and advocate for bullying policies to be implemented. This collaboration is critical as bullying happens everywhere that young people gather, including online, via text, and in social networks.

### WHAT IS BULLYING?

Most children have been teased by a sibling or a friend at some point. And it's not usually harmful when done in a playful, friendly, and mutual way, and both children find it funny. But when teasing becomes hurtful, unkind, and constant, it crosses the line into bullying. The U.S. Department of Health and Human Services defines bullying as, "Aggressive behavior that is intentional and that involves an imbalance of power or strength. Typically, it is repeated over time." Some parents may remember what bullying is from when they were children, and typically think of the bigger kids on the playground pushing down the smaller or younger ones; this is a form of physical bullying. However, the times are changing, and so has bullying. Bullying can be verbal or physical and has now extended to the new technologies available. There is an increase in cyberbullying.

### WHAT IS CYBERBULLYING?

Cyberbullying is bullying that takes place using electronic technology, which includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles. Cell phones and computers themselves are not to blame 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. But these tools can also be used to hurt other people. Whether done in person or through technology, the effects of bullying are similar.

# SAN DIEGO UNIFIED'S ANTI-BULLYING, DISCRIMINATION AND HARASSMENT POLICY

In accordance with <u>District Policy A-3500</u>, bullying (including cyberbullying), harassment or intimidation in any form are prohibited at school and school-related events (including off-campus events, school-sponsored activities, school busses, any event related to school business) or outside school hours with the intention to be carried out during any of the above.

Such acts include those that are reasonably considered as being motivated by either an actual or perceived attribute that includes but is not limited to race, religion, creed, color, marital status, parental status, veteran status, sex, sexual orientation, gender expression or identity, ancestry, national origin, ethnic group identification, age, mental or physical disability or any other distinguishing character.

#### RESOURCES

- National PTA Connect for Respect
  - What You Should Know
  - What Can You Do
  - How to Make Sure Your Child Doesn't Become the Bully
- **StopBullying.gov** 
  - Support the Kids Involved
  - Prevent Bullying
  - Respond to Bullying
- National Crime Prevention Council: <u>Bullying</u>, <u>Cyberbullying</u>
- **GLSEN Anti-Bullying Resources**
- Research on School Bullying
- A SecureLife.com: **Cyberbullying**

### **CONTACT:**

Department of Youth Advocacy 4100 Normal Street, Annex 8A San Diego CA 92103

Main office: 619-725-8000

Mick Rabin (he/him/his) <a href="mailto:mrabin@sandi.net">mrabin@sandi.net</a> Bullying Prevention & Intervention Resource Teacher



**Stay Connected** 

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4100 Normal Street, San Accessibility

Diego, CA 92103 <u>Nondiscrimination</u>

Main Office: (619) 725- Statement

8000 <u>Report Bullying</u>

Hours & More SDUSD Systems

<u>Information</u> <u>Status</u>