

## **Burlington Township School District Anti- Bullying Philosophy**

“We in Burlington Township are fully supportive of the tenets of the new Anti-Bullying Bill of Rights Act. We believe in the rights of each student to learn and grow in a safe and supportive environment. We are diligently implementing the new law, including the provision of required training for staff, the assignment of a District Anti-Bullying Coordinator and Building Anti-Bullying Specialists, the implementation of systems for the reporting and addressing of each and every bullying claim, remedial measures when bullying has occurred, and programs to educate students. We have developed a special page on our District Website dedicated solely to the issue of bullying, and developed an online reporting tool for students, parents, staff, and others.

Visit our website for a comprehensive overview of our district commitment:  
<http://www.burltwpsch.org/>



### District Anti-Bullying Coordinator

Dr. Rafe Vecere, *Student Assistance Coordinator*,  
[rvecere@burltwpsch.org](mailto:rvecere@burltwpsch.org), 609-387-1713 X1023

### School Anti-Bullying Specialists:

B. Bernice Young Elementary School – Mrs. Dana Middleton, [dmiddleton@burltwpsch.org](mailto:dmiddleton@burltwpsch.org), 609-386-3520 X5027

Fountain Woods Elementary School – Mrs. Joanne Johnson, [joajohnson@burltwpsch.org](mailto:joajohnson@burltwpsch.org), 609-387-1799 X3003

Burlington Township Middle School – Mrs. Tara Winkelspecht, [twinkelspecht@burltwpsch.org](mailto:twinkelspecht@burltwpsch.org), 609-699-4021 X6302

Burlington Township High School Hopkins Building – Mrs. Heidi Roman, [hroman@burltwpsch.org](mailto:hroman@burltwpsch.org), 609-387-3774 X2002

Burlington Township High School Main Building – Mr. Troy Scott, [tscott@burltwpsch.org](mailto:tscott@burltwpsch.org), 609-387-1713

#### Reporting Mechanism

The Burlington Township School District investigates every reported bullying incident in a timely manner. To make the process easier for parents, staff and students, an online reporting tool was developed and is located at

<http://hibparents.pittbullservers.com/>

This online form will enable us to investigate the matter in a comprehensive manner and initiate the process with the data needed for a complete investigation.

**Burlington Township School District**  
SCHOOL AND COMMUNITY - PARTNERS IN LEARNING

## Burlington Township School District

**Community/Parent  
Anti-Bullying  
Informational  
Brochure**



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SCHOOL AND COMMUNITY - PARTNERS IN LEARNING

# Creating a Positive School Culture



## HIB Defined

When trying to determine if an incident is HIB, compare it against the definition.

Does the incident meet all of the following?

- "Harassment, intimidation, or bullying" means any gesture, any written, verbal or physical act, or any electronic communications, as defined by N.J.S.A. 18A:37-14, whether it be a single incident or a series of incidents that:
- ... Is reasonably perceived as being motivated by any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical, or sensory disability; or by any other distinguishing characteristic; and that takes place on school property, at any school sponsored function, on a school bus, or off school grounds, as provided for in N.J.S.A. 37-15.3, that substantially disrupts or interferes with the orderly operation of the school or the rights of other students

And, does it meet one of these?

- A reasonable person should know, under the circumstances, that the act(s) will have the effect of physically or emotionally harming a pupil or damaging the pupil's property, or placing a pupil in reasonable fear of physical or emotional harm to his/her person or damage to his/her property; or
- Has the effect of insulting or demeaning any student or group of students
- Creates a hostile educational environment for the pupil by interfering with a pupil's education or by severely or pervasively causing physical or emotional harm to the student.

## IDENTIFYING SIGNS

### CHILDREN WHO ARE BULLIED

- Increasingly withdrawn & socially isolated.
- Increasingly does not want to go to school.
- Avoids former friends and/or groups of kids he/she formerly hung out with.
- Frequent nightmares and cries self to sleep
- Increasingly self-conscious about looks, behavior, personality, or group membership (religion, race, sexual orientation).
- Significant drop in grades.
- Significant change in eating habits.
- Becomes afraid of walking to school or riding on school bus
- Attempts or talks about suicide or intentionally hurts self.
- Has unexplained injuries, cuts or bruises.
- Shows a major change in typical behavior or personality.
- Comes home from school with torn, damaged, or missing clothing, books, and belongings.

## ENGAGING CHILDREN

### TO TALK ABOUT BEING BULLIED

- Talk with your child about what's going on in his/her life.
- Non-judgmentally, discuss significant behavioral or emotional changes you've observed.
- Ask your child if he/she is having trouble with particular kids, gently probe for details.
- Praise your child for confiding.
- Reassure your child that you will do your best to make school life better.
- Listening is more important than talking.
- Engage your child when he/she is most relaxed, at ease, and least distractible.
- Be sensitive to your child's unique personality: what upsets some kids doesn't bother others.
- Encourage your child to come up with strategies for dealing with bullies.

## HELPING CHILDREN WHO ARE BULLIED:

### Individual Level

- Ask your child what he/she thinks he/she can do to improve the situation. Use his/her ideas as a guide to offer suggestions about how he/she may effectively respond to bullying: ignore the bully, walk away, use humor or silence, or change the subject. Remember that children often feel powerless against the bully and are often temperamentally unable to use such techniques. Do not criticize your child if he/she feels unable to adopt any of your suggestions. Bullying is neither their fault nor their responsibility to stop. It is the school's responsibility.
- Advise your child to avoid unsupervised areas.
- Discuss ways he/she can seek help in school.
- Reframe ideas about snitching and ratting so that your child feels comfortable in reporting instances of bullying to the designated school representative.

Encourage participation in structured & fun activities.

## HELPING CHILDREN WHO ARE BULLIED:

### School Level

- Secure a copy of your school district's anti-bullying policy and discuss it with your school's principal and teachers.
- Organize parents to meet with school administrators to discuss what is being done in your school to reduce bullying behavior.
- Encourage your school to adopt a bullying prevention program or at least to bring in an expert to speak with them.
- Encourage your school to conduct a bullying survey.

## IDENTIFYING CHILDREN WHO BULLY

- Your child frequently hits, kicks, pushes, or chokes other kids.
- Your child frequently taunts other kids, makes fun of them, or spreads nasty rumors (either verbally, in writing, or through the internet) about them.
- Your child is manipulative with other kids and says/does things that make others avoid or tease these kids.
- Your child intentionally excludes other kids from activities.
- Your child sexually harasses other kids.
- Your child expresses intolerance of certain kids, characteristics, or life styles and/or expresses little empathy for kids who are hurt physically or emotionally.
- Your child extorts or blackmails other kids.
- Your child likes to dominate weaker kids.
- Your child is very sensitive about criticism and/or tries to appear psychologically invulnerable.

## HELPING CHILDREN WHO BULLY OTHERS

- Help your child understand that bullying hurts: use real life stories, as well as literature and film.
- Make it clear to your child that you take bullying seriously and do not tolerate such behavior.
- Make sure that you use and model cooperative and empathic styles of dealing with conflict.
- Establish a set of negative sanctions with your child in response to reports you receive of him/her bullying others. Also establish a set of positive sanctions when you hear of positive changes in his/her behavior.
- When you learn that your child has bullied others, calmly convey your disappointment and talk with him/her about how he/she might have behaved differently. Never embarrass your child in front of others and do not use shaming punishments; these techniques model the bullying behavior.
- Work with your child's school to establish coordinated ways to help your child to stop such behavior.