# SUPPORTING STUDENTS WITH ALOPECIA AREATA

## Why is this topic important?

Achievement

Behavior

Attendance

Safety

Self-Esteem

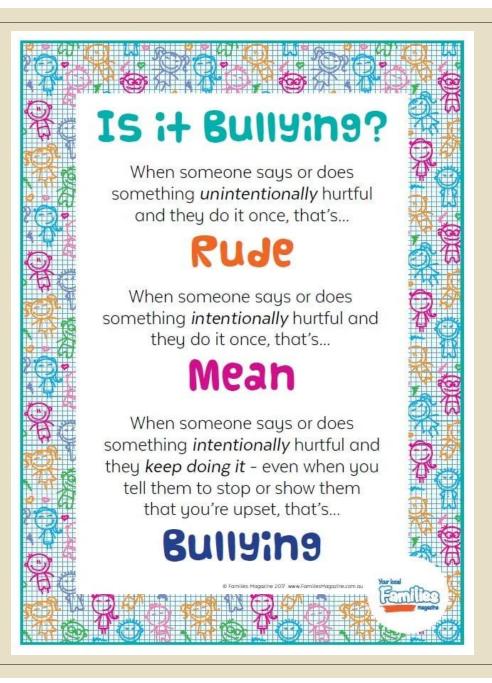
Mental Health

### KNOW THE SIGNS OF BULLYING

- Unexplainable injuries
- Declining grades, not wanting to go to school
- Difficulty sleeping or frequent nightmares
- Changes in eating habits
- Frequent stomach aches, feeling sick, faking illness
- Sudden loss of friends, avoiding social situations
- Feelings of helplessness or decreased self-esteem







# 4 Types of BULLYING



VERBAL Bullying SOCIAL Bullying



Hitting, kicking, slapping, pinching, spitting, tripping, pushing, blocking

Stealing or destroying someone's possessions

Making mean or rude hand gestures

Touching in unwanted & inappropriate ways

Name calling

Insults

**Teasing** 

Intimidation

Homophobic or racist remarks

Inappropriate sexual comments

**Taunting** 

Threatening to cause harm

Lying & spreading rumors

Leaving someone out on purpose

Telling others not to be friends with someone

Embarrassing someone in public

Damaging someone's social reputation or relationships

Posting/sending hurtful texts emails or posts, images or videos

Making online threats

Imitating others online or using their log-in

Deliberately excluding others online

Spreading nasty gossip or rumors





## STEPS TO ADDRESS BULLYING

#### What Parents Can Do

- Recognize the warning signs that your child is involved in bullying.
- Talk to your child if they display any sort of behavioral or emotional changes.
- Learn what bullying is and what it is not. Understanding what bullying is the first step in forming a plan to prevent or respond to bullying with your child.
- Cyberbullying often requires different strategies than in-person bullying. Learn how to work with your kids to prevent cyberbullying and how to respond when it occurs.

#### What Parents Can Do

- Learn how you and school or community officials can work together to support your child, whether they were bullied, bullied others, or witnessed bullying.
- •If you have worked with your child and your school and need additional assistance, find resources to help address the situation.
- •Help build resiliency and confidence in your child.

#### What Kids Can Do

- SPEAK UP: If you feel uncomfortable with the comments or actions of someone... tell someone! It is better to let a trusted adult know, than to let the problem continue.
- TALK ABOUT IT: The first step is talking to a trusted adult about what you went through. This could be a parent, another family member, a friend's parent, a teacher, coach, faith leader, or school counselor.
- Get familiar with what bullying is and what it is not.
- Avoid the bully and use the buddy system.
- Act brave, walk away, and ignore the bully.
- Grow your friendship circle.
- Get involved in school activities.



### What Schools Can Do

- Stop Bullying on the Spot.
- When adults respond quickly and consistently to bullying behavior, they send the message that it is not acceptable.
- Intervene immediately.
- Separate the kids involved.
- Meet any immediate medical or mental health needs.
- Stay calm. Reassure the kids involved, including bystanders.



### What Schools Can Do

- Upstander Training
- Bullying/Cyberbullying Education
- School Policies & Consequences
- Teach respect, compassion, and inclusion
- Create a school culture of kindness



### IEP/504/IHCP

#### **IEP** Defined

• The Individualized Educational Plan (IEP) is a plan or program developed to ensure that a child who has a disability identified under the law and is attending an elementary or secondary educational institution receives specialized instruction and related services.

#### 504 Plan Defined

• The 504 Plan is a plan developed to ensure that a child who has a disability identified under the law and is attending an elementary or secondary educational institution receives accommodations that will ensure their academic success and access to the learning environment.

#### Individual Health Care Plan (IHCP) Defined

• An IHCP (Individualized Health Care Plan) can help to ensure that a child's medical requirements are properly met during a school day. It will contain all of the pertinent information regarding the child's health and health needs.

### Build Resiliency Build Confidence





#### Resources

- https://www.Stopbullying.org
- https://www.stopbullying.gov/bullying/special-needs
- https://www.stopbullying.gov/resources/laws
- https://kidshealth.org/en/parents/bullies.html
- https://www.apa.org/topics/bullying