SUPPORTING STUDENTS WITH ALOPECIA AREATA
Why is this topic important?

- Achievement
- Behavior
- Attendance
- Safety
- Self-Esteem
- Mental Health
KNOW THE SIGNS OF BULLYING

1. Unexplainable injuries
2. Declining grades, not wanting to go to school
3. Difficulty sleeping or frequent nightmares
4. Changes in eating habits
5. Frequent stomach aches, feeling sick, faking illness
6. Sudden loss of friends, avoiding social situations
7. Feelings of helplessness or decreased self-esteem
What is bullying?

Is it Bullying?

When someone says or does something *unintentionally* hurtful and they do it once, that’s...

**Rude**

When someone says or does something *intentionally* hurtful and they do it once, that’s...

**Mean**

When someone says or does something *intentionally* hurtful and they *keep doing it* - even when you tell them to stop or show them that you’re upset, that’s...

**Bullying**
4 Types of BULLYING

PHYSICAL 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

VERBAL Bullying
- Name calling
- Insults
- Teasing
- Intimidation
- Homophobic or racist remarks
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

SOCIAL Bullying
- 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

CYBER Bullying
- 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

5 Protective Factors

- Parental Resilience
- Social Connections
- Social and Emotional Competence of Children
- Knowledge of Parenting and Child Development
- Concrete Support in Times of Need
Resources

▪ https://www.Stopbullying.org
▪ https://www.stopbullying.gov/bullying/special-needs
▪ https://www.stopbullying.gov/resources/laws
▪ https://www.apa.org/topics/bullying