



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

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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



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>