

Parent Resources

NJ Department of Education HIB Page
www.state.nj.us/education/students/safety/behavior/hib/

Beyond Bullying
www.beyondbullying.com/parents.html

NJ Bullying
www.njbullying.org

Cyberbullying Research Center
www.cyberbullying.org
(click resource link, click parents)

Stop Bullying
www.stopbullying.gov

Stop Cyberbullying
www.stopcyberbullying.org

More resources are available on our
[*District's Anti-Bullying page*](#)

Make sure you read our [District Code of Conduct & Harassment, Intimidation & Bullying Policies](#)

Report an Incident

- Email or speak to your child's Principal or School Anti-Bullying Specialist
- Contact information: on Homepage of each School & on the District Website's Anti-Bullying page.
- More information about reporting & anonymous reporting is on the Anti-Bullying pages under Reporting

Crisis Hotlines

National Suicide Prevention Lifeline:
800.273.8255

NJ Suicide Prevention Hopeline:
855.654.6737
24/7 Support

Crisis Text Line: Text NJ to 741741

262-Help: 201.262.4357
When you or a loved one are experiencing a mental health crisis

2nd Floor Youth Helpline: 888.222.2228

Know...

The district annually assesses and evaluates our district/school climate and culture and continue to make improvements to provide our students and staff with a positive environment.

The district's goal is to continue to promote a greater sense of self-respect and district/school connectedness.

If you have any questions send an email to the following contact.

District Anti-Bullying Coordinator
Ms. Jessica Ribaudó
JRibaudó@gboe.org

Garfield Public Schools



Anti-Bullying Bill of Rights: HIB

What is Harassment, Intimidation & Bullying?

Under New Jersey law, “harassment, intimidation, or bullying” means any gesture, any written, verbal or physical act or any electronic communication, whether it is a single incident or a series of incidents, that is:

Reasonably perceived as being **motivated** by either ANY ACTUAL or PERCEIVED characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity & 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. 18A:37-15.3, that **Substantially Disrupts** or **Interferes** with the orderly operation of the school or the rights of other pupils; and that;

A reasonable person should know under the circumstances 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 pupil or group of pupils in such a way as to cause substantial disruption or interference with, the orderly operation of school; **OR**

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 pupil.

Types of Bullying

Bullying can take many forms. Examples include:

Verbal: name-calling, teasing

Psychological: spreading rumors, leaving people out on purpose, breaking up friendships

Physical: hitting, punching, shoving

Cyberbullying: using the internet, mobile phones or other digital technologies to harm others

What to do?

- Take the situation seriously, but do not over or under react
- Get all the information
- Work with the school
- Many allegations turn out to be normal conflicts and can be resolved through a mediator, counselor, or administrator

What are the signs?

Students **MAY** exhibit one or experience:

- Fear of coming to school/truancy
- Poor school performance
- Loss of interest in schoolwork
- Feelings of isolation/exclusion
- Low self-esteem/self-confidence
- Stress
- Depression
- Change in behavior (e.g. aggression or withdrawal)

Working with the School to Stop HIB

Know the school policies. Look on the district website for by laws and policies as well as anti-bullying page to see what the standards are in place that will help resolve the situation.

Open the line of communication. Call or set up an appointment to talk with your child’s principal, teacher, school counselor or school anti-bullying specialist and establish a partnership to stop HIB.

Get help for your child. Seek advice from your child’s school counselor, school anti-bullying specialist, district anti-bullying coordinator or other school-based health professionals. There are resources for further help on the district website’s anti-bullying page.

Communicate with your child. Talk regularly with your child and with school staff, especially when there has been an incident.

Be Aware. Watch for changes in your child’s behavior that may indicate an incident may have occurred.



Parents: Schools can’t do it alone, we need **YOUR** help to **CHOOSE KIND.**