

STOP BULLYING



Chicago Public Schools

Parent Guide

What Is Bullying?



Bullying happens when someone hurts, scares, or harasses another person to harm them and the person being bullied has a hard time defending themselves. In most cases, bullying happens over and over. Bullying is prohibited by Illinois law and is a violation of the CPS Student Code of Conduct.

All bullying is very harmful, but not all harmful behaviors are bullying.

Peer Conflict

- Equal balance of power
- Accidental – often arises from social dynamics
- Seeking resolution – both parties trying to get what they want
- Back and forth
- Frustration and anger shared by all parties
- Mutual efforts to solve problem

VS

Bullying

- Unequal balance of power
- Purposeful – intent to harm or humiliate
- One party seeking power, control
- May include forms of discrimination
- One-sided
- Strong harmful impact from person being targeted
- Mutual problem solving is not present due to aggression

Signs your child may be bullied:

- Unexplainable injuries, or lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness, decreased self-esteem, or suicidal thoughts and behaviors

How can I support my child and report concerns?

If your child has been bullied, ask when the bullying happened, exactly what was said and done, in what order, and if anyone else (adult or child) was present.

- Notify the school principal as quickly as possible. Do not contact the person targeting your child
- You may also report bullying to any CPS employee in person, or by calling the 24/7 CPS Student Safety Center hotline at (773)553-3335, or by emailing BullyingReport@cps.edu
- It is important to remember that children who are bullied may struggle with talking about it

If the bullying behavior includes discrimination of any kind, families can report all discrimination directly the CPS Office of Student Protections and Title IX for investigation by calling (773) 535-4400 or by emailing OSP@cps.edu

Required school responses to bullying allegations:

All CPS staff who witness or receive reports of bullying must:

- Intervene immediately
- Report the incident to administrators immediately
- Make sure all individuals involved are safe

Upon receiving a report, the school must:

It is important to remember that children who are bullied may struggle with talking about it.

- Notify parents of all students involved of the bullying allegations and investigation within 1 day
- Begin a bullying investigation and immediate safety interventions for students
- Report the outcome of the bullying investigation to students and parents within 10 school days
- Provide supportive intervention through a school counselor, school social worker, or another member of the school's behavioral health team to students who have been targeted by bullying, and provide ongoing communication with parents/caregivers
- Ensure accountability and intervention for students who are found to engage in bullying behaviors according to the CPS Student Code of Conduct policy at cps.edu/SCC
- Parents can appeal their school's bullying determination by emailing the Office of Social & Emotional Learning Student Discipline Support team at studentdiscipline@cps.edu

Helpful Resources

CPS Student Code of Conduct and Addressing Bullying and Bias-Based Behavior Policy:
cps.edu/SCC

CPS Student Safety Center
(24/7 Hotline) (773) 553-3335

CPS Parent Support Centers (773) 553-3772

National Suicide Prevention Lifeline hotline
1 (800) 273-8255 (EN), 1 (888) 628-9454 (SP)

Additional Information

Stop Bullying:

stopbullying.gov

It Gets Better Project:

itgetsbetter.org

Cyber Safety:

commonsensemedia.org

