

Parent Resource Guide to Bullying in Schools



Parental Rights in Schools

- Children's safety at school; it is your right that your child is protected from harm and has rights safeguarded by the school.
- Parents are permitted to review curriculum, textbooks and other teaching materials and may observe instructional activity within reason.
- Parents may request meetings or conferences with teachers or administrators.
- Districts and schools have different complaint procedures; it is important to find out what they are and follow them in regards to complaints.
- Review policies with the administration if they are unclear to you.
- Concerns about problems your child is facing should be brought up to teachers and administrators immediately after they first occur.

What to do if you Suspect your Child is Teased, Harassed or Bullied

- Talk to your child in a manner that shows concern but respect.
- Try to find out what exactly occurred in a non-judgmental way.
- If your child was bullied, reassure them that it is not their fault.
- Review the school's bullying policies and follow their procedures.
- Go up the chain of command at the school and school district if bullying does not stop.
- Request to meet with the parents of the bully and teacher if the bullying continues.
- Make sure your child is getting the psychological support he or she needs, such as seeing a school counselor.

INGYouth Resources

- INGYouth Webpage: ing.org/youth
- Answers to Frequently Asked Questions about Islam & Muslims: <https://ing.org/youth-faq>
- PowerPoint Presentations on Islam & Muslims: <https://ing.org/youth-ppt>
- Anti-Bullying Support and Resources: <https://ing.org/youth-support>

Signs that your Child is Being Bullied

There are some obvious signs that one's child is being bullied at school. Parents should be concerned if their child:

- Refuses to go to school
- Avoids activities that he or she previously enjoyed

Other signs include:

- A decline in academic performance
- Unexplained bruises or scrapes
- A decline in self-esteem and confidence
- Negative self-statements by the child
- Depression, crying spells, stomach aches, headaches, or other vague physical complaints
- Has few friends and is socially isolated
- Comes home from school hungry, with no explanation of what happened to his or her lunch or lunch money
- Signs of cyber bullying include:
 - Being upset after being online
 - Being upset after viewing a text message