



*Eugenia B. Thomas K-8 Center's Student Services
presents*



Bullying/Cyberbullying Parent Workshop

What is bullying?

- The act of being physically and emotionally cruel to another.
- Usually involving a power imbalance; individuals that appears weaker and less powerful
- Different from teasing
- **Occurs more than once with an intent to do harm.**



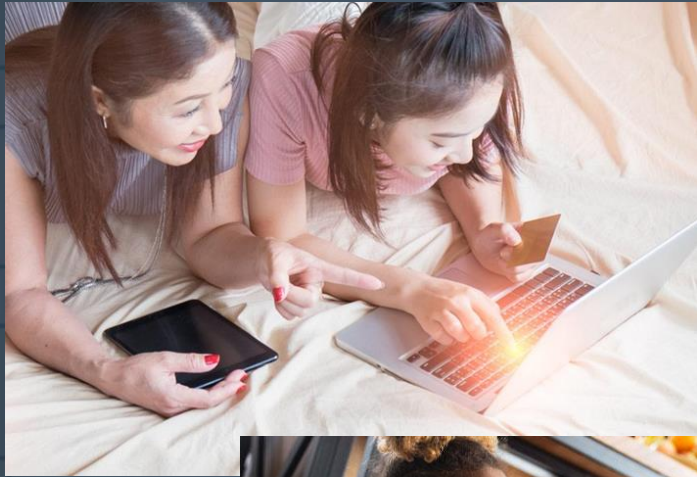
Types of bullying

Physical Bullying	Verbal Bullying	Social/ Emotional Bullying	Cyberbullying
<ul style="list-style-type: none">• Hitting & kicking• Stealing• Damaging property	<ul style="list-style-type: none">• Negative statements• Name Calling• Cursing• Spreading rumors	<ul style="list-style-type: none">• Social embarrassment• Social exclusion• Spreading rumors	<ul style="list-style-type: none">• Sending negative text/ voice messages• Posting embarrassing photos online.• Negative social media posts.• Posting threats.• Spreading rumors.



Cyberbullying Video

Ways to decrease incidents of bullying/cyberbullying



- As parents, adults and authority figures, it's imperative that you have some understanding of all the social media platforms.
- Parental controls on social media and phone use is essential.
- Set limits to what age you want your children to start using personal technology, social media etc.
- Setting boundaries on phone and social media use—ex. Between 7-8pm your child is allowed use their phone or play video games

Ways to decrease incidents of bullying/cyberbullying

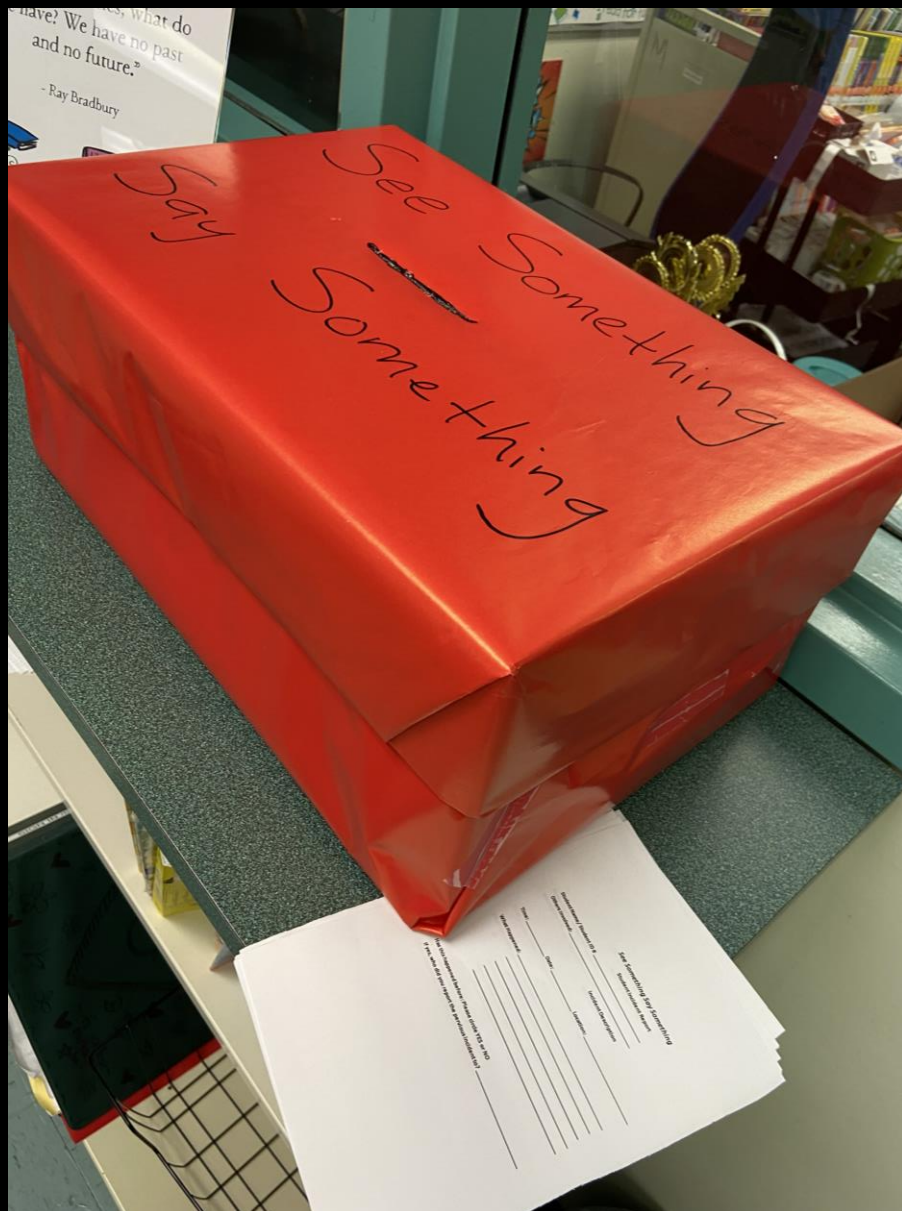


- Communication is key—let your children know you are open to communication.
- Work with them to set rules and boundaries.
- Model wanted behavior.
- If you don't know what to do, ask for help—contact school officials, teachers, counselors.
- Encourage your children to have open communication with at least 1 trusted adult in their school.
- Be observant of changes in behavior and emotional response.

Reporting incidents of Bullying

- Tell a trusted adult (teacher, principal, parent, or school police officer)
- Anonymous online reporting available (student portal)
- On campus anonymous reporting (See Something, Say Something box)





WHAT'S NEW?

Bullying and Harassment
Online Reporting Form



Student Portal

Bullying and Harassment Online Reporting

Mental Health Services in Schools



- School Administrators (Principals, Assistant Principals)
- Parents
- Teachers
- All mental health service professionals working with students in schools and community agencies (counselors, mental health coordinators, student support specialist, therapists, psychologists)
- Student Resource Officers (School Police)

Contracted Agencies through MDCPS



- Mental Health Assessments and Screenings
- Individual and group counseling
- Family counseling
- Substance Abuse Intervention
- Collaboration and consultation between parent agency, school, and community
- Case Management



Parent Assistance Line

If you need
assistance
call your
child's school
or the parent
assistance
line:

305-995-7100

**Monday to
Friday from
8am-4pm**

Department of Mental Health Services

- Department of Mental Health Services
- (305)995-1020
- Department Website
<http://mentalhealthservices.dadeschools.net>
- Twitter Handle: @MDCPS_MHS
- #MDCPSMentalHealth





Parent Resources (Contracted Agencies)

Ayuda, Inc. 305-864-6885	Chrysalis Health, Inc. 954-587-1008 ext 1916
Citrus Health Network, Inc. 305-424-3126	Family Resource Center of South Florida, Inc. (FRC) 305-424-3126
New Horizons Community Mental Health Center, Inc 305-424-3126	DTT Coaching Services, LLC 786-701-2401
Empowering Youth, Inc. 305-654-7251	The Florida International University Board of Trustees 305-348-4087
Healthy Connections CMHC, Inc 305-646-0112	Invo Healthcare Associates, LLC 305-951-6184
Jewish Community Services of South Florida, Inc. 305-740-8998	Neurohealth Professionals of Florida , LLC 954-453-1101
Prosperity Social & Community Development Group, Inc. 305-308-5899	The Village South 786-306-1827



Visit the Mental Health Services page on the MDCPS website