

Bullying

What You Can Do

- Listen to children and encourage them to talk about their day.
- Take all complaints about bullying seriously — if you don't, your child may not tell you the next time.
- Watch for symptoms such as withdrawal, a drop in grades, or new friends.
- Notify the school immediately if you think your child is being bullied, and make sure the school investigates and takes action if necessary.
- Praise your children when they are kind to others.
- Teach your children self protection skills— how to walk and talk confidently, stay alert to their surroundings, and to stand up for themselves verbally.
- Work with the other parents in the neighborhood to ensure that children in your neighborhood are supervised closely to and from school.
- Help children learn the social skills needed to make friends. A confident, resourceful child who has more friends is less likely to be bullied and more likely to report bullying behavior.
- Recognize that bullies may be acting out feelings of insecurity, anger, and loneliness. If your child is a bully, help get to the root of the problem. Seek out specific strategies you can use at home, from a teacher, school counselor, or child psychologists.



Mission Statement

The Kern County Sheriff's Office is committed to work in partnership with our community to enhance the safety, security, and quality of life for the residents and visitors of Kern County through professional public safety services.



Helpful Websites!

- National Crime Prevention Council - www.ncpc.org
- <http://mcgruff-safe-kids.com>

To contact the Kern County Sheriff's Office:

Emergency: **9-1-1**
Non-Emergency: **(661) 861-3110**
Non-Emergency Outlying Areas: **(800) 861-3110**
Sheriff's Report Desk (**Bakersfield only**):
(661) 391-7471
TEXT: KERNSHERIFF to 888777

WWW.NIXLE.COM

SCHOOL SAFETY



Safety Tips For Parents and Students

This brochure is a publication of the
Kern County Sheriff's Office
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School Safety

School can be fun and exciting with every day bringing new experiences, but it can also be difficult and even frightening for some children. Kids today are faced with far more than learning new material. Interacting with teachers and other students, bullying, peer pressure and school violence are just a few of the challenges children face in today's schools.



You can help prepare your children for the experiences they will face at school each day and help create a safer school environment. Read the following tips for advice on how to protect your children, and how to teach them to protect themselves.

Getting to School

- Map out a safe way for your children to walk to school or to the bus stop. Point out places they should avoid—such as vacant lots, construction areas, alleyways, and parks where there aren't many people.
- Teach your children to obey the rules of the road when walking or biking to school, and always obey crossing guards when crossing at intersections.
- Encourage your children to use the “buddy system” when walking to school or to the bus stop.
- Teach your children to never speak to strangers, and to never go anywhere with a stranger or accept any kind of gift from a stranger. Let them know it's okay to report if a stranger tries to approach them.
- Make sure your children know their basic personal information, such as full name, address, phone number, and other important information—such as your full name and your work or cell phone number.

Bus Safety

- Make sure your children arrive at least five minutes early for the bus.
- Make sure your children know to stand on the sidewalk while waiting for the bus.
- Teach your children to make sure they can see the bus driver and the bus driver can see them before crossing in front of the bus, and to never walk behind a bus.
- Be aware that bullying often takes place on the bus. Ask your children about their bus rides—who they sit with, who they talk to, and what goes on in the bus. Encourage them to report any bullying activity, either as a victim or a witness.



After School

- Have your children check in with an adult as soon as they get home from school.
- Show them how to properly lock all doors and windows.
- Make sure your children know to never open a door to a stranger, or to give a stranger any personal information over the phone.
- Establish a set of rules- who can come over, when homework must be done, and any chores they might have before you get home.
- Find a trusted neighbor who will allow your children to come over in case of an emergency.
- Make sure your child feels comfortable talking to you about their day at school, and anything that might be happening there.

At School

- Teach your children to try to resolve problems without fighting, which can lead to someone getting hurt or them getting into trouble. Encourage them to talk problems out, walk away, or talk to an adult when problems arise.
- Keep an eye on your children's Internet use. Ask school officials if Internet use is monitored closely, or if blocking devices are used to filter out explicit websites. Talk to your children about what they do on the Internet, and let them know they can talk to you if anything they do or see online makes them feel uncomfortable.
- Ask school officials about the safety and emergency plans for the school—all schools are required to have them.

Things Your Child Should Know

- Your full name and a phone number where you can be reached during the day.
- Their home address and phone number.
- The difference between emergencies and non-emergencies.
- It is important to report acts of bullying, violence, and threats.
- After the age of 12, bullying becomes a criminal act.
- If a child sees a gun with another student, or hears talk of a gun, it is important to report that immediately.
- That crank calling 9-1-1 is not tolerated, and can be very dangerous.
- The dangers of drugs.