

Bullying & Harassment Prevention

HOME (/) > DEPARTMENTS (/DEPARTMENTS) >
 STUDENT SUPPORT SERVICES (/DEPARTMENTS/STUDENT-SUPPORT-SERVICES/HOME) >
 BULLYING & HARASSMENT PREVENTION

STUDENT SUPPORT SERVICES

Department Address

2221 Argonne Ave

Long Beach, CA 90815 (<https://goo.gl/maps/ewMzY>)

Phone

(562) 986-6870

Fax

(562) 985-0524

Bullying & Harassment Prevention in LBUSD

Long Beach Unified School District believes that all students have a right to a safe, supportive and healthy school environment free from bullying and harassment. The district is committed to promote mutual respect, tolerance, and acceptance within our school system by implementing bullying prevention procedures that encourage students to be kind, respectful and supportive with one another. Anti-bullying and conflict resolution resources are provided and easily accessible to all students, staff and parents/caregivers.

THE STATE OF CALIFORNIA DEFINES BULLYING AS FOLLOWS:

"Bullying" means any severe or pervasive physical or verbal act or conduct, including communications made in writing or by means of an electronic act, and including one or more acts committed by a pupil or group of pupils as defined in Section 48900.2 (<https://advance.lexis.com/document/?pdmfid=1000516&crd=1e479d31-6386-483d-8963-7f57ccdd1121&pddocfullpath=%2Fshared%2Fdocument%2Fstatutes-legislation%2Furn%3AcontentItem%3A8W93-1362-D6RV-H2GY-00000-00&pdcontentcomponentid=4867&pdteaserkey=sr0&pditab=allpods&ecomp=txtrk&403c-4a6a-804e-bca779a13108>), 48900.3 (<https://advance.lexis.com/document/?pdmfid=1000516&crd=1e479d31-6386-483d-8963-7f57ccdd1121&pddocfullpath=%2Fshared%2Fdocument%2Fstatutes-legislation%2Furn%3AcontentItem%3A8W93-1362-D6RV-H2GY-00000-00&pdcontentcomponentid=4867&pdteaserkey=sr0&pditab=allpods&ecomp=txtrk&403c-4a6a-804e-bca779a13108>)



403c-4a6a-804e-bca779a13108), or 48900.4

([https://advance.lexis.com/document/?pdmfid=1000516&crd=1e479d31-6386-483d-8963-](https://advance.lexis.com/document/?pdmfid=1000516&crd=1e479d31-6386-483d-8963-7f57ccdd1121&pddocfullpath=%2Fshared%2Fdocument%2Fstatutes-legislation%2Furn%3AcontentItem%3A8W93-1362-D6RV-H2GY-00000-00&pdcontentcomponentid=4867&pdteaserkey=sr0&pditab=allpods&comp=txtrk&403c-4a6a-804e-bca779a13108)

6386-483d-8963-

7f57ccdd1121&pddocfullpath=%2Fshared%2Fdocument%2Fstatutes-

legislation%2Furn%3AcontentItem%3A8W93-1362-D6RV-H2GY-00000-

00&pdcontentcomponentid=4867&pdteaserkey=sr0&pditab=allpods&comp=txtrk&

403c-4a6a-804e-bca779a13108), directed toward one or more pupils that has

or can be reasonably predicted to have the effect of one or more of the following:

1. Placing a reasonable pupil or pupils in fear of harm to that pupil's or those pupils' person or property.
2. Causing a reasonable pupil to experience a substantially detrimental effect on the pupil's physical or mental health.
3. Causing a reasonable pupil to experience substantial interference with the pupil's academic performance.
4. Causing a reasonable pupil to experience substantial interference with the pupil's ability to participate in or benefit from the services, activities, or privileges provided by a school.

Bullying is unwanted, harassment, intimidation, a hazing or initiation activity, ridicule, extortion, or any other verbal, written, electronic communication, or physical conduct, repeated over time, that causes or threatens to cause bodily harm or emotional suffering, creates a hostile learning environment, or disrupts the normal operation of a school, classroom, or school related activity. The behavior is repeated over time. Bullying behavior includes:

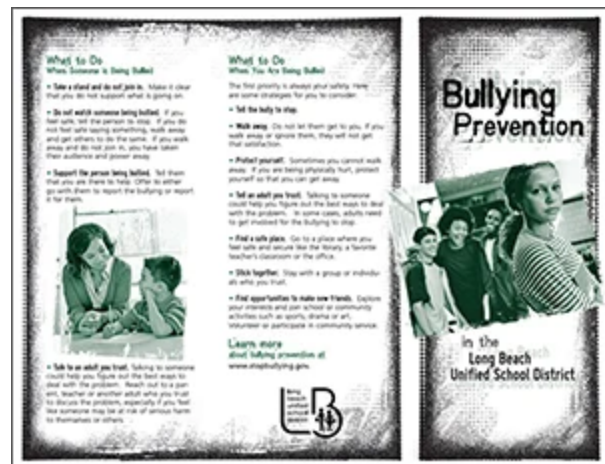
- An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors are pervasive, that is , the bullying acts happen more than once over time.
- Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, ridiculing and excluding someone from a group on purpose.

WHAT IS HARASSMENT?

Harassment is defined as unwelcome conduct that is based on race, color, religion, sex, national origin, age, disability, or genetic information.

Prohibited harassment also includes intentionally engaging in harassment, threats, or intimidation, directed against school district personnel or students, that is sufficiently severe or pervasive to have the actual and reasonably expected effect of materially disrupting classwork, creating substantial disorder, and invading the rights of either school personnel or student by creating an intimidating or hostile educational environment.

Bullying Prevention Brochure



(/fs/resource-

manager/view/889567ae-95c2-445b-ac7c-86f9992294cb)

Bullying Prevention Brochure (/fs/resource-
 ↓ manager/view/11a9e4a0-a3ef-4061-b259-
 92bda3d4a88e)

How You Should Respond to Bullying Behavior:

HOW YOU SHOULD RESPOND TO BULLYING BEHAVIOR:

- If you or someone you know has been a victim of suspected bullying, report these instances to a teacher, counselor, school administrator, or other trusted adult as soon as possible.

- If you experience bullying, some immediate steps you can take include walking away or telling the aggressor to stop in a firm, but calm way.
- If you witness bullying behavior, be more than just a bystander. Only intervene if it is safe to do so. Peer- to-Peer early intervention is proven to be effective in reducing bullying.
- In a moment of bullying, a safe way someone can help the person being bullied can include creating a distraction to help focus the attention on something else.
- If you are the target of cyberbullying:
 - Save evidence by taking screen shots or keeping copies of bullying texts, emails, or other communications
 - Don't respond! Tell a teacher, counselor, supervisor, school administrator, or other trusted adult as soon as possible
 - Block the aggressors from your social media, email, or other social networking pages

Students who engage in bullying/cyberbullying on campus, traveling to or from school, at school activities, or in a manner otherwise related to school attendance, may be subject to disciplinary procedures. A student may be subject to disciplinary action for off-campus expressions (including via electronic means), when such expressions are obscene, libelous, or slanderous, or when such expression poses a threat to the safety of other students, staff or school property, or disrupts the educational program. Education Codes 32261(f) (g), 48900, 48900.2, 48900.3, 48900.4, 48910, 48911, 48915, 48915.5, 48918, 48918.5

For more information on bullying, please see the resources on this web page.

P3_Wave-hr

Types of Bullying

THERE ARE DIFFERENT TYPES OF BULLYING:

- Verbal bullying is saying or writing mean things. Verbal bullying includes:
 - Teasing
 - Name-calling



- Inappropriate sexual comments
- Taunting
- Threatening to cause harm
- Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:
 - Leaving someone out on purpose
 - Telling other children not to be friends with someone
 - Spreading rumors about someone
 - Embarrassing someone in public
- Physical bullying involves hurting a person's body or possessions. Physical bullying includes:
 - Hitting/kicking/pinching
 - Spitting
 - Tripping/pushing
 - Taking or breaking someone's things
 - Making mean or rude hand gestures
 - Throwing things at someone
- Cyberbullying: For more information see the Cyberbullying information box below.

Cyberbullying

CYBERBULLYING IS BULLYING THAT TAKES PLACE OVER DIGITAL DEVICES LIKE CELL PHONES, COMPUTERS, AND TABLETS.

- Cyberbullying can occur though but is not limited to, bullying through online messages, texts, sounds, videos, emails, or images through social media, forums, or gaming where people can view, participate in, or share content.
- Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else.
- It can include sharing personal or private information about someone else causing embarrassment or humiliation.



- It is prohibited to intentionally send or post unwanted comments, images, videos, and pictures that harm or bully a student using school-facilitated virtual mediums.
- Cyberbullying can also include Cybersexual bullying/harassment. Cybersexual bullying/harassment includes when a student recipient receives an unwanted visual image or verbal or written communication of a sexual nature or if a student shares that sexual content with other students through text messages, social media, or other electronic means.
- Social Media Cyberbullying can include the following forums:
 - Internet websites with free registration and ease of registration
 - Internet websites offering peer-to-peer instant messaging
 - Internet websites offering comment forums or sections
 - Internet websites offering image or video platforms

EXAMPLES OF CYBERBULLYING/CYBER HARASSMENT:

- Use of LBUSD email platforms to send inappropriate, sexually explicit, or offensive language to another student or teacher.
 - Sending an inappropriate, sexually explicit, or offensive image to a student during the school day or school activity.
 - Taking a screenshot of another individual and using that image to create a Meme or image of them to circulate to members of the campus.
 - Spreading rumors about an individual using virtual means of communicating.
 - Creating fake social media accounts to bully or catfish another user.
-

CYBERBULLYING FAQ'S

- **Who should I report to if my child experiences cyberbullying/harassment?**
 - If you think your child is a victim of cyberbullying or cyber harassment, please report the incident to your child's teacher and/or principal. Students may also report bullying or harassment to their teacher or principal. Your school's administrative team will take steps to investigate, address the incident, and provide interventions to prevent future incidents from reoccurring.

- **What happens if the cyberbullying happens on the weekend, at night, or on a platform not related to LBUSD activities?**
 - If you become aware of an incident of cyberbullying that occurred on a platform or activity not related to LBUSD, you can notify your school site administrator if you have concerns that this will impact the targeted child's education or if you see further instances of bullying begin to appear during school hours or on an LBUSD-related platform. While LBUSD does not have jurisdiction over instances not related to school, LBUSD will take available steps to ensure that all students feel safe while participating in virtual learning activities.
- **What will my student or I be asked once we make the report?**
 - Administrators will interview your student to gather specific details regarding the harassment, including when the harassment occurred and the individuals involved.
 - If you have screenshots of the harassment, the administrator may ask you to send screenshots of the conversations or inappropriate language. Please do not send sexually explicit images to school employees. You may be asked to write a statement in place of submitting this type of image.
- **What are some educational resources we can use to teach our kids about safe internet use/cyberbullying?**
 - Please see below for some resources for information about Digital Citizenship norms and some resources regarding safe internet use in the **More Information** resources below.

More Information

Statewide Bullying Prevention Website Resources

- **Bullying Prevention Training & Resources**
(<https://www.cde.ca.gov/ls/ss/se/bullyres.asp>)
- **California Department of Education**
(<https://www.cde.ca.gov/ls/ss/se/bullyingprev.asp>)
- **California Anti-Bullying Laws & Policies**
(<https://www.stopbullying.gov/resources/laws/california>)



Bullying Prevention Resources

- [StopBullying.gov \(https://www.stopbullying.gov/\)](https://www.stopbullying.gov/)
- [US Department of Education \(https://www2.ed.gov/about/offices/list/ocr/letters/colleague-201010.html\)](https://www2.ed.gov/about/offices/list/ocr/letters/colleague-201010.html)
- [Suicide Prevention Awareness Month \(https://nami.org/Home\)](https://nami.org/Home)
- [Seth's Law \(AB9\) - Your Right to Not be Bullied at School \(https://www.aclusocal.org/en/seths-law\)](https://www.aclusocal.org/en/seths-law)
- [Institutionalized Discrimination... Does it Exist in Your School? \(https://www.idra.org/resource-center/institutionalized-discrimination-does-it-exist-in-your-school/\)](https://www.idra.org/resource-center/institutionalized-discrimination-does-it-exist-in-your-school/)
- [Domestic Violence Prevention Programs for Children and Youth \(https://www.childwelfare.gov/topics/casework-practice/domestic-violence/\)](https://www.childwelfare.gov/topics/casework-practice/domestic-violence/)
- [LGBTQ+ Students and Resources \(/fs/pages/24338\)](/fs/pages/24338)

Social Media & Cyberbullying

- [How to Keep Kids Safe Online \(http://www.safekids.com/\)](http://www.safekids.com/)
- [How to teach kids digital citizenship \(https://www.digitalcitizenship.net/\)](https://www.digitalcitizenship.net/)
- [9 Ways to Protect Your Teen From Online Bullying \(https://paradigmatreatment.com/9-ways-protect-teen-online-bullying/\)](https://paradigmatreatment.com/9-ways-protect-teen-online-bullying/)

Possible Forums for Social Media/Cyberbullying

PARENTS/CAREGIVERS CAN MONITOR SOCIAL MEDIA ACCOUNTS.

- [Instagram \(https://www.instagram.com/\)](https://www.instagram.com/)
- [Snapchat \(https://snapchat.com/\)](https://snapchat.com/)
- [Facebook \(https://facebook.com/\)](https://facebook.com/)
- [Tik Tok \(https://www.tiktok.com/\)](https://www.tiktok.com/)
- [Tumblr \(https://www.tumblr.com/\)](https://www.tumblr.com/)
- [Twitter \(https://twitter.com/\)](https://twitter.com/)
- [Discord \(https://discord.com/login\)](https://discord.com/login)



District Policies

- [Bullying Prevention BP 5131.2](https://go.boarddocs.com/ca/lbusd/Board.nsf/goto?open&id=BZMRHV6E2265)
(<https://go.boarddocs.com/ca/lbusd/Board.nsf/goto?open&id=BZMRHV6E2265>)
- [Non-discrimination Board Policies \(/fs/pages/24031\)](/fs/pages/24031)

Local and Community Based Resources

- [LGBTQ Center Long Beach \(https://www.centerlb.org/\)](https://www.centerlb.org/)
- [LBUSD High School Wellness Centers \(/fs/pages/24335\)](/fs/pages/24335)
- [LBUSD LGBTQ+ Students and Resources \(/fs/pages/24338\)](/fs/pages/24338)

Resources for Non-discrimination

- [State Resources That Support Youth](https://www.cde.ca.gov/re/di/eo/region11.asp)
(<https://www.cde.ca.gov/re/di/eo/region11.asp>)
- [Resources for Parents Uplifting Youth Through Healthy Communication About Race \(https://www.apa.org/res/parent-resources\)](https://www.apa.org/res/parent-resources)
- [Resources: Here are ways you can support the Black community and the fight to combat racism, discrimination, and police brutality \(https://www.glaad.org/blog/here-are-ways-you-can-support-black-community-and-fight-combat-racism-discrimination\)](https://www.glaad.org/blog/here-are-ways-you-can-support-black-community-and-fight-combat-racism-discrimination)

Resources for Youth Affected by Gangs

- [California Youth Outreach \(https://www.cyoutreach.org/\)](https://www.cyoutreach.org/)
- [Loved Ones Victim Services \(http://www.lovs.org/services\)](http://www.lovs.org/services)
- [Preventing Youth Violence \(https://www.cdc.gov/violenceprevention/youthviolence/prevention.html\)](https://www.cdc.gov/violenceprevention/youthviolence/prevention.html)

Anti-Bullying Videos

- [Anti Bullying: It Only Takes One \(https://www.youtube.com/watch?v=d3l1jle3Xfi\)](https://www.youtube.com/watch?v=d3l1jle3Xfi)

- [Anti Bullying: Be Kind \(https://www.youtube.com/watch?v=qualbgWuYic\)](https://www.youtube.com/watch?v=qualbgWuYic)
- [Speak Up \(An Anti-Bullying Short Film/PSA\) \(https://www.youtube.com/watch?v=IrYH7Aggo7s\)](https://www.youtube.com/watch?v=IrYH7Aggo7s)
- [Cyberbullying PSA || Cyberbullying Short Film \(https://www.youtube.com/watch?v=j3bpt20996E\)](https://www.youtube.com/watch?v=j3bpt20996E)

P3_Wave-hr

Quick Reference Links

- [Nondiscrimination \(https://www.lbschools.net/about/nondiscrimination-policies\)](https://www.lbschools.net/about/nondiscrimination-policies)
- [Uniform Complaint Procedure \(https://www.lbschools.net/about/complaint-regulations-and-forms\)](https://www.lbschools.net/about/complaint-regulations-and-forms)
- [Sexual Harassment \(https://www.lbschools.net/about/sexual-harassment\)](https://www.lbschools.net/about/sexual-harassment)
- [Title IX \(/fs/pages/2333\)](/fs/pages/2333)
- [Bullying and Harassment Prevention \(https://www.lbschools.net/departments/student-support-services/bullying-prevention\)](https://www.lbschools.net/departments/student-support-services/bullying-prevention)
- [Hate Motivated Behavior \(http://go.boarddocs.com/ca/lbusd/Board.nsf/goto?open&id=BZMRK46E50C8\)](http://go.boarddocs.com/ca/lbusd/Board.nsf/goto?open&id=BZMRK46E50C8)
- [Response to Immigration Enforcement \(https://go.boarddocs.com/ca/lbusd/Board.nsf/goto?open&id=D2UTYM79AB9B\)](https://go.boarddocs.com/ca/lbusd/Board.nsf/goto?open&id=D2UTYM79AB9B)



English