



PARENTAL READINESS AND  
EMPOWERMENT PROGRAM

A PROGRAM OF  
THE LAWYERS'  
COMMITTEE FOR  
CIVIL RIGHTS

July, 2017 | VOL. 7 | Issue 10

# NEWSLETTER

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## You've Got A Friend In Me

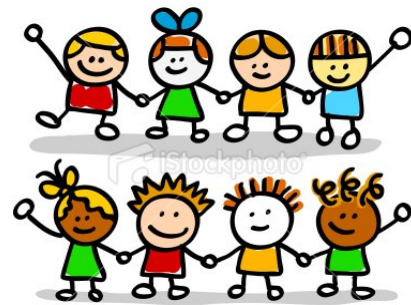
### Bullying Statistics

The Southern Poverty Law Center reports that after the 2016 election, more than half of teachers in their survey witnessed an increase in disrespectful and bigoted discourse among students. More than 1/3 of teachers observed heightened Islamophobia and anti-Latino racism in schools. These statistics actually underestimate the prevalence of school bullying due to the fact that less than 50% of students who are bullied report the harassment to school officials. According to the National Bullying Prevention Center, students with disabilities, LGBT students, and overweight students experience the highest rates of bullying. School victimization can cause these students to suffer from depression, anxiety, sleep problems, and headaches.

### The International Day of Friendship

In 2011, the United Nations declared July 30<sup>th</sup> the International Day of Friendship, a day celebrating companionship between people who are different from one another. The idea behind the Day of Friendship is that peace between communities can be achieved once people listen to and befriend others of different social groups. The day encourages children to embrace diversity and to make friends of different backgrounds.

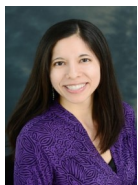
One way to prevent and reduce bullying in schools is for parents to teach their children about people who look, act, dress, love, and pray differently than themselves. When children are exposed to people of other races,



religions, genders, sexual orientations, ages, and socioeconomic statuses, they are more likely to hold positive views of different communities. Many times children bully others of different cultures because they are afraid of the unknown. When parents teach their kids about people of other backgrounds, children no longer see others who are different as threats.

### What Can We Do?

In the spirit of the International Day of Friendship, parents should make an effort to schedule playdates with children of other races, religions, and genders so that their children can befriend and learn from them. Parents should encourage their children to diversify their friend groups by including people of different cultures. Mothers and fathers can emphasize the importance of treating all people equally regardless of identity. By embracing racial, religious, gender, and sexual diversity, parents will raise children who do not bully or make fun of others simply because they are different.



## Director's Comments

Bullying has become a major problem in American elementary, middle, and high schools. Harassment on school grounds and online can cause students to dread going to school or to even skip school in an attempt to avoid their bullies. According to the National School Climate Survey, more than half of LGBT students feel unsafe at school.

It can be very difficult for a parent to hear that their child is being bullied in school. PREP helps parents deal with school bullying by educating them about their children's rights in school. Through hosting e-Clinics and workshops where attorneys answer questions about bullying, special education, discipline, and ELL, PREP allows parents to become better advocates for their children. PREP's programs teach parents about how to report bullying to schools and about any legal steps that can be taken. To schedule an appointment for an e-Clinic, visit [www.prepparents.org/appointments](http://www.prepparents.org/appointments) or call 202-662-8600. In addition, PREP builds coalitions with other civil rights organizations to combat bullying, discrimination, and bigotry in schools.

The Lawyers' Committee's Stop Hate Project also serves to eradicate bias and prejudice. By connecting people with legal and social service organizations, the Stop Hate Project permits individuals to report hate incidents and to get the justice they deserve. To report any hate crimes one has experienced and to learn about organizations that can help, call the 1-844-9-NO-HATE hotline or visit [www.8449nohate.org](http://www.8449nohate.org).

*Natasha Quiroga is PREP Director and Senior Counsel for the Educational Opportunities Project*

[www.PREPParents.org](http://www.PREPParents.org)



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## PREP Resources NOW PLAYING...

### Video Tutorials

- Parent Advocacy
- Navigating the School System
- Special Education
- English Language Learners

[www.youtube.com/prepparents](http://www.youtube.com/prepparents)

### State-Specific Parent Guides

- On education law and policies

[www.prepparents.org/resources/for-parents](http://www.prepparents.org/resources/for-parents)

### Recorded Webinars

- Parent Advocacy
- Mobilization
- Special Education Process
- School Discipline
- Bullying
- English Language Learners

[www.prepparents.org/webinar](http://www.prepparents.org/webinar)

Have questions about special education, school discipline, English learners, bullying, or discrimination-related issues? Are you a parent in California or New York? Check out our newly launched e-Clinic!

[www.prepparents.org/appointments](http://www.prepparents.org/appointments)

202-662-8600



## PEP TALK FROM PREP!

# What Should Your Child Do If They See Bullying?

### 1. Don't be a bystander

If you see another student being bullied, you should not simply stand around and watch. Observing the bullying only allows the bully to continue tormenting the student and may further encourage the bully.

### 2. Go find help

Once you witness bullying taking place, go find a teacher or staff member and inform them that a student is being bullied or harassed. The best thing you can do to stop bullying is to find an adult who can intervene.

### 3. Stand up for the student yourself

If you cannot easily find a teacher or staff member, try to stand up to the bully and convince them to quit harassing the student. If a bully sees that others disprove of the bullying, then the bully may leave the student alone.

### 4. Give the student support

Tell the student that you are here for them. Encourage the student to tell a teacher, administrator, or their parents about the bullying so that it does not continue. Check out our [comic here](#) to learn more about what you can do if your child is being bullied at school.



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## #GetPREPed



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Watch Us! [www.youtube.com/PREPparents](http://www.youtube.com/PREPparents)



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## Special Thanks to Our Partners

### PREP National Platform Founding Partners & Ph.D. Spon-



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**TOYOTA**  
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