

Commitment

The Oregon Department of Education is dedicated to creating safe and supportive educational environments for all students. Our mission is to empower students, educators, and parents with the tools and knowledge to recognize, prevent, and address bullying, harassment, intimidation, and cyberbullying in schools. By fostering a culture of respect, inclusion, and empathy, we aim to ensure that every student feels valued, respected, and safe to learn and reach their greatest potential. Together, we can build a positive school climate where every student feels they belong.

Resources



Contact Us

Oregon Department of Education (ODE)
Safe and Inclusive Schools Team
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Bullying Prevention



Information for Guardians and Caregivers

Who to Talk to for Support

- Generally, if the bullying is occurring in the classroom, it is best to speak to your student's teacher first.
- For other school-related bullying situations, contact the school's principal/building administrator.
- For district specific information, refer to your school district's anti-bullying policy which identifies the school officials responsible for receiving such a report.
- What if the school isn't responding/providing resolution?
 - All school districts are required by law to have a public complaint policy and procedure. (*Scan the QR code for more information on this topic.*)
 - Note: Due to legal requirements regarding confidentiality, the school may not be able to report specific information to the targeted student's parent/guardian about any disciplinary action taken involving the other student(s).

Tips to Consider When Dealing with a Bullying Situation

Encourage your student to follow the **STOP, WALK, and TALK** protocol:

STOP: *If safe to do so*, tell the student causing harm to stop the behavior.

- Practice with your student how to calmly but firmly tell someone else to stop the unwanted behavior. Remind your student that responding verbally or physically will likely escalate the situation.
- If the unwanted behavior continues, move to the next step.

WALK: Walk away from the situation to a safe area.

- Discuss with your student how to disengage from unwanted behavior and how removing themselves from a harmful situation is a productive strategy.
- If the unwanted behavior continues, move to the next step.

TALK: Report the harm to a trusted adult.

- In addition to sharing with their guardians, reporting the situation to a school staff member is ideal as this allows the school to quickly intervene and find a solution.
 - Talk with your student about staff members at school they trust and could report concerns to.
 - Students may also report incidents of bullying to trusted adults outside of school who can help them contact the school to partner together towards a solution.
- Students may worry that reporting bullying could lead to retaliation from other students. Remind them that school staff will always work to keep their reporting anonymous from other students.
 - Remind students that they can always submit concerns of bullying (and any other safety concerns) anonymously using [Safe Oregon Tipline](#). If submitting a situation anonymously, encourage students to put as many details as possible about the situation as designated school personnel who receive the tip will not know who to follow up with to gather more information.

Encourage your student to be an "[upstander](#)" when they witness a bullying situation and it is safe to do so. An upstander is "a person who speaks or acts in support of an individual or cause, particularly someone who intervenes on behalf of a person being attacked or bullied."