

Mochen Ekkewe, Nounouch Ewe Aloha

Ekewe Chon Tufich me Chon Merer a Mochen Sinei Won Ewe Bullying

Ikoch, ach tongeni aninis meinisin ekewe student usun ewe fansoun mei tongeni me safe.

Ewe Hawai'i State Department of Education (Department) e fen tori ren aninis meinisin ekewe student usun ewe safe me inclusive learning environment. Ekewe ienfach a wor won ew chommong meren, me ewe Department e mochen kem ren omw merer won ewe aloha won meinisin ewe school community.

Nge ta ewe bullying?

Ewe bullying e semwen chon wini, chon eis, graphic, ika physical act mei:

- e fiti, e ekis, e fifiti, ika e masoau ew student (ika meen ekewe protected class students), me
- e chommong **ekis, fonufon, ika mei pwan wor** nge e angang ew intimidating, threatening, ika abusive educational environment.

Nge ta ewe cyberbullying?

Ewe cyberbullying e bullying mei wor usun ekewe electronically transmitted acts, ika meen nge ese tori won ekewe mei tori usun ewe internet, cell phone, ika wireless handheld device mei:

- e fiti, e ekis, e fifiti, ika e masoau ew student (ika meen ekewe protected class students), me
- e chommong **ekis, fonufon, ika mei pwan wor** nge e angang ew intimidating, threatening, ika abusive educational environment.

Source: HAR Chapter 19, §8-19-2 Definitions. p. 19-5, 19-6.

Ewe Department e tungor ekewe student ren usun ekewe steps ei ren tonong won ewe bullying.



Aninis ewe
aramas ren **TORI**

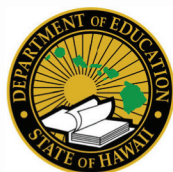


FAAN fis ewe
manaw



EIS ngeni ew aramas
mei chommong mei
sinei omw

me/ika tufich usun ewe **Speak Now**
anonymous app
(<https://bit.ly/HIDOE-Speak-Now>)



Nge ta ach mochen sinei me nen?

Ika omw nen semwen won ekewe inenien ei, tungor omw ngang usun nge ta mei fen wor me rongorong usun ewe chommong.

Ekewe Inenien Won Fansoun Omw Ngang a Tongeni Wor Won Ewe Bullying

- Ekewe ekis ese sinei meren, ekewe chommong mei fen wor ika mei fen ekis.
- Fonufon ekewe acha won paan iken ika paan nimaan, mochen usun sick, ika me angang usun sick.
- Ekis won echo ika fonufon ekewe nightmare.
- Ekewe grade mei tipeiti ika ese mochen faan ngeni school.
- E fis ekewe irenien me ienfach.
- E nouwi ewe screen ren ekewe semwen aramas usun ewe aisias.
- Ese pwan mochen won ekewe activities.

Sources: StopBullying.gov. Warning Signs for Bullying (2021); Cyberbullying Research Center. Parent Resources (n.d).

Ekewe Inenien Won Fansoun Omw Ngang a Tongeni Bully Ekewe Semwen

- E wor won ekewe physical ika verbal fights ika e wor ekewe irenien mei bully ekewe semwen.
- Fonufon e tufich ngeni ewe administrator's office.
- E wor won chommong moni ika ekewe chommong foun ese sinei meren.
- A blamei ekkoch aramas me esapw angei responsibility faniten an actions.
- A competitive me ekiek won an reputation ika popularity.

Ika omw nen semwen won ekewe inenien ei, eis me omw ngang ren sinei nge ta fansoun aninis e mochen.

Source: StopBullying.gov. Warning Signs for Bullying (2021).

Usun ta ach apiti ach ngang ren sinei, tawe, me tonong won ewe bullying?

Ren Ekewe Ngang won Ekewe Grade PreK-5 Developmental Need: Emotional Safety

Ekewe Skills Ekewe Chon Tufich a Tongeni Apiti	Ekewe Online Tips Ren Omw Ngang	Nge Ta Ekewe Chon Tufich a Tongeni Tori
• Mochen Ekkewe: Angang usun ewe mochen me ekkoch ngeni ekewe semwen aramas. • Nen Chommong: Aninis omw ngang ren nen ika semwen fansoun e ekis ika ese chommong. • Nen Ewe Behavior Ese Mochen: Aninis eman ren sinei ewe behavior ese mochen ika teasing. • Emon Aninis: Faan ngeni ew aramas mei chommong won ewe school ika e mochen aninis.	• Tungor Foun: Aninis omw ngang ren tungor ewe chon tufich ika chon merer foun ren tori ika share semwen fansoun won ewe online. • Sinei Usun Ewe Tufich: Apiti usun ewe block/tufich ekewe aramas ese mochen. • Tori Foun Ekewe Tech Rules: Tori chommong ekewe rules me tungor eman ren aninis usun ekewe fansoun mei nen won ewe online.	• Mochen Sinei: Tungor usun ekewe mochen won omw ngang me nen ekewe online activities. • Wor Usun Ewe Inenien: Tori me usun chommong ekewe rules ren ewe technology use me limit ewe fansoun won ewe screen. • Amend Ekewe Settings: Angei ewe content mei tongeni ren ewe fansoun won ekewe ngang me off ewe autoplay ika a tongeni. • Wor Ikoeh: Nen won ekewe school policies me ekewe classroom expectations.

Angang usun ewe mochen me eis usun ewe bullying foun ren sinei eman nge a tongeni faan iteitan omw ren aninis.

Ren Ekewe Ngang won Ekewe Grade 6-8

Developmental Need: Ekewe Irenien me Ewe Fansoun Won Ikoch

Ekewe Skills Ekewe Chon Tufich a Tongeni Apiti	Ekewe Online Tips Ren Omw Ngang	Nge Ta Ekewe Chon Tufich a Tongeni Tori
• Nounouch Ewe Empathy: Tawe me tori usun ewe fansoun semwen aramas a tongeni mochen foun ren angang. • Tori Ekewe Meren: Wor usun ew irenien mei chommong me pwan tori ekewe meren mei angang. • Fis Usun Ewe Safe: Faan fis ekewe fansoun ese safe me emon aninis fis ekewe aramas mei chommong. • Angang Usun Ekewe Angang mei Tongeni: Angang usun ewe screen time me echo, angang won esan, me ekewe irenien ese usun ewe online.	• Sinei Won Ewe Digital Footprint: Aninis omw ngang nge ika semwen fansoun e fen tori won ewe online, e wor won eman finsoun. • Merer Ewe Privacy: Apiti omw ngang ren usun ekewe passwords mei chommong me wor won ekewe profile mei private. • Tori Foun Ren Share: Aninis eman nge ewe forward, record, ika like won ekewe posts mei ekis e meen ew fansoun won ewe bullying.	• Aninis Ekewe Tori mei Sinei: Tungor omw ngang ren mochen won ekewe fansoun mei fen wor me aninis eman nge omw wor ren aninis eman. • Nen Ekewe Apps Ikoch: Tori me omw ngang usun ekewe social apps mei tongeni. • Wor Ikoch: Wor won ekewe school events me wor ikoch me ekewe teachers me staff.
Apiti ekewe angang mei safe, ekewe irenien mei aninis me usun ewe fansoun ren faan usun ekewe social pressures (ika meen ewe social media).		

Ren Ekewe Ngang won Ekewe Grade 9-12

Developmental Need: Ekewe Skills Ren Ewe Wor Fansoun Meininis

Ekewe Skills Ekewe Chon Tufich a Tongeni Apiti	Ekewe Online Tips Ren Omw Ngang	Nge Ta Ekewe Chon Tufich a Tongeni Tori
• Tonong: Emon ekewe fansoun mei mochen ren aninis won ewe school me community. • Eis Ren Ekewe Semwen: Eis ren eman me ekewe semwen usun ewe fansoun mei safe me ekkoch. • Sinei Fansoun Ren Tonong: Sinei ika e safe ren tonong won ew fansoun me ika e chommong ren faan fis.	• Tori Foun Ren Share: Verify ekewe sources, nen ekewe fansoun, me tungor usun ewe content foun ren repost. • Angei Ewe Merer: Sinei nge ekewe posts, comments, me likes a tongeni fiti ekewe semwen aramas. Tawe ewe faan ewe ekis, ekewe inenien ese tongeni, ika ewe information ese fen wor.	• Tori Usun Ewe Aninis: Aninis omw ngang nge meininis aramas a mochen aninis won fansoun ekis. Ese mochen tonong won ekewe fansoun ekis non eman. • Eis Usun Ekewe Tech Rules Ikoch: Angang ikoch usun ekewe guidelines me aninis usun ewe meren. • Eis Usun Ewe Fansoun mei Atawe: Eis usun ewe fansoun ekewe tori won ewe school, online, ika face-to-face a tongeni fiti ewe college, angang, me ekewe fansoun mei atawe.
Aninis eman ren tori ekewe tori mei merer me emon aninis won ekewe fansoun ese safe ika mei chommong ekis.		

Nge ta ach mochen tori ika ach ngang e fen wor won ewe bullying?

Aninis nge omw ngang e chommong. Eis me omw ngang me aninis eman ren mochen usun ewe safe. Ika e wor ewe ekis mei chiwen, eis ngeni 911.

Emon chommong information usun ewe mei tongeni. Nounouch meinis ekewe screenshots, videos, ika ekewe chon nen (nge na/nge ta/fansoun na/won na).

Tufich ewe fansoun. Omw tongeni tufich ew fansoun usun semwen won ekewe fansoun mei ekieki:

- Eis ngeni ika email ewe principal ika ewe chon tori iteitan eman.
- File ew Chapter 19 complaint usun ewe form (<https://bit.ly/HIDOE-Ch19Form>).
- Me/ika tufich usun ewe **Speak Now anonymous app** (<https://bit.ly/HIDOE-Speak-Now>).

Nounouch ekewe ikenai, ewe ingon omw ngang, grade, me tungor nge na a chiwen tonong. Tufich ewe criminal behavior ngeni omw county police department.

Angang ikoch me Ewe School. Wor ikoch me ewe school me angang ikoch ren sinei nge ta omw ngang e mochen ren safe.

Tonong me Aninis Omw Ngang. Aninis omw ngang ren usun ewe Stop, Walk, Talk strategies.

Ekewe Resources me Inenien

Anti-Bullying Website

Hawaii Administrative Rules Chapter 19, Speak Now app, ekewe policies me procedures ren tufich ewe bullying

<https://bit.ly/HIDOE-AntiBullying>



Civil Rights and Compliance Branch

Ekewe federal me state laws, me ekewe Department resources ren Civil Rights administrative rules me policies

<https://bit.ly/HIDOE-CRCB>



Here to Help Website

Ekewe resources mei wor me mei aninis ren ekewe ienfach ika meen parent coaching me one-on-one support

<https://heretohelphidoe.com>



Ekewe Online Resources

Ekewe national me statewide informational resources ren aninis ekewe ienfach

<https://bit.ly/HIDOE-BP-ParentResources>



988 e offer aninis won 24/7 ren ewe mental health, substance use, me semwen chommong. Text, eis, ika chat ngeni 988.

Ika omw ngang e wor won ewe ekis mei chiwen, eis ngeni 911.

Mahalo ren omw aninis ren aninis ach ekewe school me ekewe community usun ewe safe ren meinis ekewe student a tongeni wor chommong won ew positive learning environment.