2026-2027

Bullying Prevention Resources for Schools and Families

Tompkins County, NY

The Sophie Fund

Basics of Youth Bullying

Definition: Bullying is any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Types include physical, verbal, and relational. Cyberbullying involves e-mail, instant messaging, blogs, chat rooms, gaming systems, tweeting, or social media.

Potential Psychological Effects: Depression, anxiety, low self-esteem, self- harming behavior (especially for girls), alcohol and drug use and dependence, aggression, involvement in violence or crime (especially for boys), emotional distress, hostility, and delinquency.

Potential Physical Effects: Immediate physical injury, sleep disorders, stomach aches, headaches, heart palpitations, dizziness, bedwetting, chronic pain, somatization (a syndrome of distressful, physical symptoms that cannot be explained by a medical cause), stress-related impact on the immune system and hormones, and impact on brain activity and functioning.

Potential Academic Effects: Impact on grades and standardized test scores starting as early as kindergarten and continuing through high school.

Bullying and Suicide: Persistent bullying can lead to or worsen feelings of isolation, rejection, exclusion, and despair, as well as depression and anxiety, which can contribute to suicidal behavior. Most young people who die by suicide have multiple risk factors.

Sources: stopbullying.gov, U.S. Centers for Disease Control and Prevention (CDC)

FAST FACTS Youth Bullying

United States 2025 (High School)

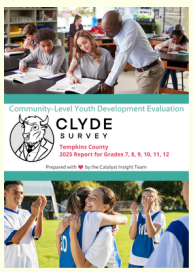
	Students Bullied At School		Students Experienced Electronic Bullying
--	LGBQ+ (Not queried in 2025)	--	LGBQ+ (Not queried in 2025)
22.4%	Female	17.7%	Female
17%	Male	11.6%	Male
22.1%	White	17.5%	White
16.9%	Hispanic	12.5%	Hispanic
17.7%	Black	9.7%	Black

Tompkins County (Grades 7-12)

Students Bullied At School		Students Experienced Electronic Bullying
27.7%	2023	20.4%
27.9%	2025	18.2%

Sources: Youth Risk Behavior Survey Results 2025, CDC;

Community-Level Youth Development Evaluation (CLYDE) 2025 Tompkins County



New York State Dignity for All Students Act[11]

The Dignity for All Students Act (DASA) seeks to provide New York's public elementary and secondary school students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment, and bullying on school property, a school bus and/or at a school function. The Act prohibits bullying, harassment, and discrimination against students in school.

What Schools Are Required To Do

- Develop a school strategy to prevent bullying, harassment, and discrimination.
- Provide students, staff, and persons in parental relation with information about DASA, including the identity of the DASA Coordinator.
- Enable students and persons in parental relation to make a report.
- Complete a thorough investigation promptly after a report.
- Take prompt action to end harassment, bullying, and/or discrimination.
- Prohibit retaliation against anyone making a report or assisting with an investigation.
- Notify local law enforcement when behavior is believed to constitute criminal conduct.
- Ensure that all school personnel receive a copy of the district policies, including the reporting process, at least annually.
- Provide reports on incidents to superintendent and New York State Education Department.

Sources: New York State Education Department, New York State Center for School Safety, and Ithaca City School District

New York State Dignity for All Students Act[11]

School Procedure for Reporting
Bullying, Harassment, and Discrimination

- Student, staff member, or parent/caregiver experiences, witnesses, or hears about bullying, harassment, discrimination, or hazing.
- Witness or target finds a staff person if immediate help is needed AND if a safety issue; alleged aggressor(s) are separated and intervention occurs to ensure safety.
- Bullying Reporting Form is completed by student, staff, or parent/caregiver and given to the appropriate Dignity Act Coordinator.
- Investigation occurs. Target is interviewed separately from aggressor and necessary supports are put in place to ensure safety.
- Witnesses and aggressor(s) are interviewed.
- Parent/caregiver is notified. Notification may occur earlier dependent upon severity and situation. If investigation deems that the event occurred, then every attempt is made to permanently stop the bullying, harassment, discrimination, or hazing by means of consequences, education, restorative practices, and/or remediation.

The New York State Dignity for All Students Act (Dignity Act): A Resource and Promising Practices Guide for School Administrators and Faculty

Requirements for Schools (Tool for training school employees), New York State Education Department and New York State Center for School Safety

Implementation of the Dignity for All Students Act October 2017, New York State Education Department

Dignity for All Students Act (DASA)

Responding to harassment, bullying, or discrimination in Tompkins County school districts

- **TO REPORT AN INCIDENT:** Contact a trusted school staff member, the school DASA coordinator, and/or complete a DASA Reporting Form. Material incidents of discrimination and/or harassment on school grounds or at a school function must be reported to New York State Education Department annually.
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- **Dignity Act Coordinator:** At least one staff member at every school must be designated and trained to handle human relations in the areas of: race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, and sex.

- **Reports of Harassment, Bullying and Discrimination:** The principal, superintendent, or designee must be charged with receiving reports.

- **Investigation of Reports:** The principal, superintendent, or designee must lead or supervise the prompt and thorough investigation of reports.

- **Response to Verified Reports:** The school must take prompt actions reasonably calculated to end the harassment, bullying, or discrimination; eliminate any hostile environment; and ensure the safety of the student(s) toward whom harassment, bullying or discrimination was directed.

Get Help with Dignity Act Reporting, Investigation, or Follow-Up

Brandi Remington
Regional Dignity Act Coordinator at TST BOCES
bremington@tstboces.org
(607) 251-1551 x1015

Dignity Act Coordinators 2026-2027

Ithaca City School District
Belle Sherman Elementary School Coordinator: Jeffrey Tomasik
Beverly J. Martin Elementary School Coordinator: Samantha Little
Boynton Middle School Coordinator: Lauren Wright
Caroline Elementary School Coordinator: Jessa Salibrici
Cayuga Heights Elementary School Coordinator: Aileen Grainger
DeWitt Middle School Coordinator: Daniel McGrath
Enfield Elementary School Coordinator: Stephen Anderson
Fall Creek Elementary School Coordinator: Tara Caiza
Ithaca High School Coordinator: Caren Arnold
LACS Coordinator: Keith Harrington
Northeast Elementary School Coordinator: Julie Humble
South Hill Elementary School Coordinator: Arthur Brown Jr.
Athletics Coordinator: Kari Burke
Fine and Performing Arts Coordinator: Daphne Shululu
District Coordinator: Robert Van Keuren
ICSD Protocol & Reporting Form

Dryden Central School District
Freeville & Cassavant Elementary Schools Coordinator: Katie Twigg
Dryden Elementary School Coordinator: Allison Peyus
Dryden Middle School Coordinator: Aubrey Munson
Dryden High School Coordinator: Mary Hicks
Dryden DASA Reporting Form

Groton Central School District
Groton Elementary School Coordinator: Andrew Doane
Groton Middle School Coordinator: Brian Kavanaugh
Groton High School Coordinator: Brian Kavanaugh
Groton District Coordinator: Billie Downs
Groton DASA Reporting Form

Lansing Central School District
RC Buckley Elementary School Coordinator: Lorri Whiteman
Middle School Coordinator: Melissa Chalupsky
High School Coordinator: Patrick Hornbrook
District Coordinator: Laura Larkin
Lansing DASA Reporting Form

Newfield Central School District
Elementary Coordinator: Kimberly Stine
Middle School Coordinator: Melissa Addy
High School Coordinator: Edward Medina
Newfield DASA Reporting Form

Trumansburg Central School District
Elementary School Coordinator: Jeanie Day
Middle School Coordinator: Scott Snyder
High School Coordinator: Hilary Ewing
District Coordinator: Megan Conaway
Trumansburg DASA Webpage & Reporting Form

Resources for Schools

Pacer's National Bullying Prevention Center

Pacer provides free online resources to engage students in social and emotional learning. They include curricula, discussion plans, activity kits, infographics, videos, art projects, coloring books, role playing, pledge signing, clubs, Bullying Prevention Month activities, and special websites for teens and kids.
https://www.pacer.org/bullying/

National Bullying Prevention Month (October) Projects
https://www.pacer.org/bullying/nbpm/

PACER Talks About Bullying Video Series
https://www.pacer.org/bullying/info/pacer-talks-about-bullying/

Curriculum for Elementary School Students
https://www.pacer.org/bullying/educators/elementary-curriculum/

Curriculum for Middle School and High School Students
https://www.pacer.org/bullying/educators/mid-high-curriculum/

Pacer's Kids Against Bullying website
https://www.pacerkidsagainstbullying.org/

Pacer's Teens Against Bullying website
https://www.pacerteensagainstbullying.org/

Cyberbullying Research Center

The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. Download fact sheets and guides.
https://cyberbullying.org

Resources for Schools

Alberti Center for Bullying Abuse Prevention

The University at Buffalo's Alberti Center is a national resource on the prevention of bullying and other forms of school violence among schoolchildren. Besides conducting research, the center provides resources for educators, parents, and students; offers trainings and presentations; hosts an Annual Conference and a Colloquium Series; and distributes a quarterly newsletter.
https://ed.buffalo.edu/alberti

Alberti Center Toolkits provide a wealth of suggestions for books, videos, and websites to support a positive learning environment and supplement comprehensive school-wide efforts to prevent bullying abuse and violence.

Alberti Center Bullying Prevention Toolkit for Elementary Educators
https://ed.buffalo.edu/content/dam/ed/alberti/docs/Elementary%20Toolkit%20FINAL.pdf

Alberti Center Bullying Prevention Toolkit for Middle School Educators
https://ed.buffalo.edu/content/dam/ed/alberti/docs/Middle%20School%20Toolkit%20FINAL.pdf

Alberti Center Bullying Prevention Toolkit for High School Educators
https://ed.buffalo.edu/content/dam/ed/alberti/docs/HS%20Toolkit%20Final.pdf

Alberti Center Fact Sheets
https://ed.buffalo.edu/alberti/resources/center.html#factsheets

Resources for Schools

The Tyler Clementi Foundation

The Tyler Clementi Foundation works to end online and offline bullying in schools, workplaces, and faith communities.
https://tylerclementi.org/

#Day1
An innovative campaign that's rooted in research to help stop bullying before it starts.
https://tylerclementi.org/2020day1/

Resources for Elementary Schools
Information, partner programs and more for students, instructors and administrators to prevent bullying in primary schools.
https://tylerclementi.org/resources-for-elementary-schools/

Resources for Middle Schools and High Schools
Information, partner programs and more for students, instructors and administrators to prevent bullying in 7-12 grades.
https://tylerclementi.org/resources-for-middle-and-high-schools/

#Day1 for Sports Teams
An innovative campaign rooted in research to help stop bullying before it starts.
https://tylerclementi.org/day1-sports/

Join the Million Upstander Movement
https://tylerclementi.org/pledge2020/

Resources for Schools

Stomp Out Bullying

Stomp Out Bullying is dedicated to changing the culture for all students. It works to reduce and prevent bullying, cyberbullying and other digital abuse, educates against homophobia, LGBTQ discrimination, racism and hatred, and deters violence in schools, online and in communities across the country.
https://www.stompoutbullying.org/about-bullying-and-cyberbullying

www.stopbullying.com

A U.S. government website managed by the Department of Health and Human Services providing information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.
https://www.stopbullying.gov

Recommendations on Social Media and Youth Mental Health

Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory

Recommendations for addressing the urgent public health concern about the effects of social media on youth mental health.
https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf

American Psychological Association's Health Advisory on Social Media Use in Adolescence

Recommendations based on current scientific evidence on the potential beneficial and harmful effects of social media use on adolescents' social, educational, psychological, and neurological development.
https://www.apa.org/topics/social-media-internet/health-advisory-adolescent-social-media-use.pdf

Suicide Prevention

A Guide for Suicide Prevention in New York Schools
Manual outlining best practices for school districts in developing policies and procedures to prevent, assess the risk of, intervene, and respond to youth suicidal behavior.
https://www.preventsuicideny.org/wp-content/uploads/2022/12/SchoolsSuicidePreventionGuide.pdf

Model School District Policy on Suicide Prevention: Model Language, Commentary, and Resources
Model policies and best practices for school districts to protect the health and well-being of all students by having procedures in place to prevent, assess the risk of, intervene in, and respond to suicide.
https://www.thetrevorproject.org/wp-content/uploads/2021/08/Model_School_Policy_Booklet.pdf

The Comprehensive Approach to Mental Health Promotion and Suicide Prevention for High Schools
Guide providing high schools and districts with a framework to support and improve student mental health, reduce risk for suicide, and prepare students emotionally for the transition out of high school and into young adulthood.
https://jedfoundation.org/wp-content/uploads/2021/07/The-Comprehensive-Approach-to-Mental-Health-Promotion-and-Suicide-Prevention-for-High-Schools_JED.pdf

Preventing Suicide: A Tooklkit for High Schools
Guide to help high schools, school districts, and their partners design and implement strategies to prevent suicide and promote behavioral health among their students.
https://v2021a.peaceguam.org/sites/default/files/SAMHSA_SMA12-4669.pdf