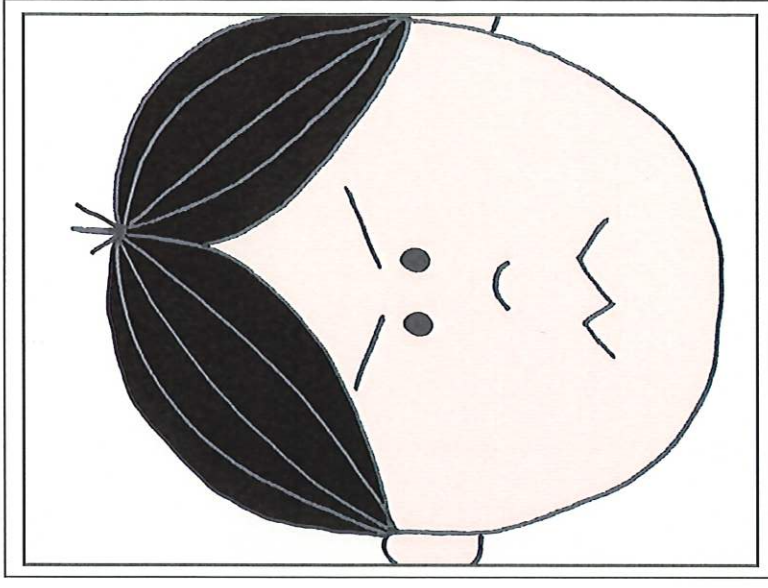


WHAT DO I?

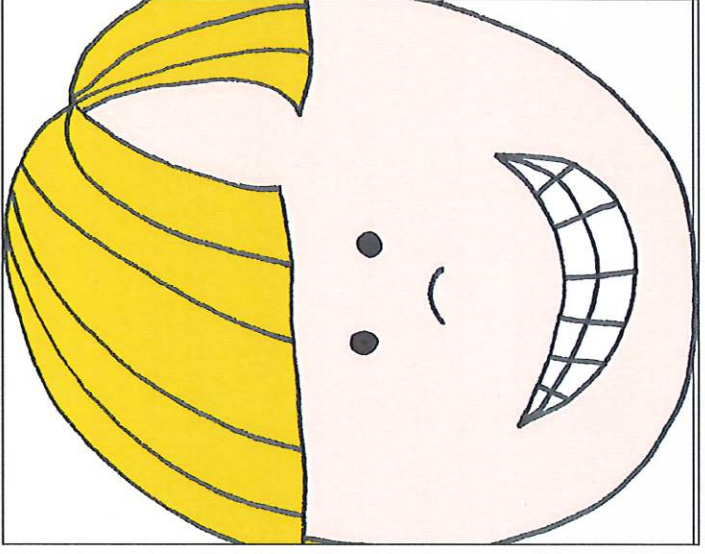
ABOUT BULLYING



A GUIDE FOR CAREGIVERS

Bullying is an unwanted, intentional, aggressive behavior that may be physical, verbal, or nonverbal. There is an imbalance of power between the parties and the behavior is repeated over time.

- Olweus Bullying Prevention Program

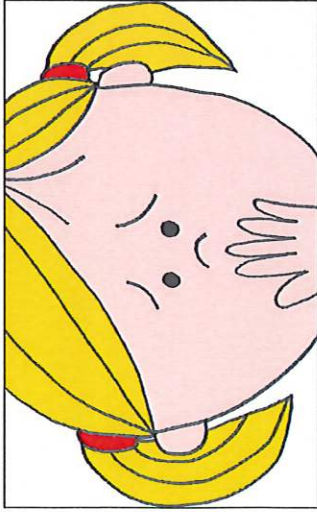


RESOURCES

Information in this handout came from the Olweus Bullying Prevention Program. Learn more about the program at

www.violencepreventionworks.org.

Clip Art by Rebekah Brock
<http://www.teacherspayteachers.com/Store/Rebekah-Brock>
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CYBER BULLYING

Cyber bullying can take place over the internet, through text messages and messaging services, or through apps such as Instagram. It is important to stay vigilant about your student's online activities. Websites, such as Common Sense Media, can help you stay attune to new apps and protecting your child virtually.

If your student has been cyber bullied here are a few tips:

- *Encourage them NOT to respond.
- *Do NOT delete the messages or pictures.
- *If you suspect that the cyber-bully is criminal contact the police.
- *Contact your internet, email, or Website provider as it may violate the "terms and conditions" of that service.
- *Block the contact.

Help my child is being bullied!

First, review the definition of bullying? Is it an aggressive, intentional behavior that happens repeatedly? Is there an imbalance of power? Or is this a case of a bad fight or conflict between classmates? If you aren't sure listen. Ask your child to tell you more about what's going on and let them lead the discussion. Using open ended questions or prompts such as "tell me more about that" will help you gather more information.

TIPS FOR PARENTS IF IT IS BULLYING

- *Do NOT encourage your child to fight back. Encouraging your child to defend themselves through physical force could make the situation worse.
- *Do NOT encourage them to ignore the bully. The bully may continue to provoke them to get a response. It may even make the bully angry.
- *DO encourage them to stand up for themselves. For example they could say:
"I will not play with you when you treat me like that."
"I will report you to the teacher if you continue to talk to me like that."
- *Empathize with your child and raise them for having the courage to share.
- *Check your own emotions. Our protective instincts naturally kick in, so step back and make sure you are calm before you respond.
- *Encourage your child to get involved in activities they enjoy.
- *Avoid the bully if possible. For example, take a new route to school or find a new seat at lunch.
- *If you and your child need additional help make plans to see a counselor or mental health provider.

WHAT IF MY CHILD IS DOING THE BULLYING?

Here are a few tips for helping address the concern at home:

- *Make it clear that you take bullying seriously and it is not okay.
- *Remind them of the school rules against such behavior.
- *Make rules within your family for your child's behavior. Make sure you have logical consequences set in place. For example, losing the right to call or e-mail friends.
- *Closely monitor their behavior.
- *Try to involve your child in positive activities that build on their talents.
- *Share your plan and concerns with the school.
- *If you and your child need additional help make plans to see a counselor or mental health provider.

What if my child just sees the bullying?

Often times our students witness bullying at school. We encourage these bystanders to become "up-standers" and take an active role in helping prevent bullying.

TIPS FOR PARENTS WHOSE CHILD IS A BYSTANDER

- *Remind your child it is ok to report. Some students fear that they will get in trouble for "tattling." Remind them of the difference between telling and tattling.
- *Encourage them to verbally intervene if it's safe to do so. For example "Stop it. We don't bully at our school."
- *Tell them it is NOT ok to cheer on or support the bully. Even laughing along can encourage the bully.
- *Praise and encourage your child when they attempt to stand up or stop the bullying. It's a true act of bravery.
- *Role play with your child about what to do or say.

