  
**No Bullies**      **No Victims**

Helping Children in  
Bullying Situations

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**Overview of Bullying**

- **Physical** – hitting, tripping, kicking, shoving, spitting, swirlies, wedgies, stuffing
- **Verbal** – name calling, taunts, teasing, mocking, cursing, yelling, roasting
- **Emotional** – excluding, rumors, gossip, blaming, framing, bossing, threatening
- **Racial** – name calling, epithets, exclusion
- **Sexual** – taunts, touching, coercion, slurs
- **Cyberbullying** – computer/cell harrassment

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**Cyberbullies**



- Pretend they are other people online to trick others
- Spread lies and rumors about victims
- Trick people into revealing personal information
- Send or forward mean text messages
- Post pictures of victims without their consent

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## Bullying can be...

- Imbalance of power
  - Physical
  - Emotional
  - Numbers
  - Status
- Repetitive
  - Student to student
  - Teacher to student
  - Group to student
  - Group to group



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## Most Children

- Don't think it's a big deal
- Don't think about the consequences
- Are encouraged by friends
- Think everybody does it
- Think they won't get caught



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## Victim's Response

- Strong emotions – anger, hurt, fear, embarrassment, depression
- Missing school
- Lack of concentration
- Avoiding friends and activity
- Seeking revenge on the bully
- Bullying back



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## Consequences and Considerations

- Colleges demand identity
- Employers Googling
- Internet is permanent
- No privacy or confidentiality



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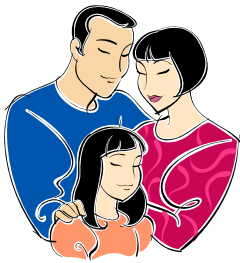
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## Parent Responsibilities



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## Parents have a duty to:

- Know what's going on in your child's life
- Watch for signs of bullying
- Take all reports of bullying seriously
- Keep a record of situations
- Report problems to the school as soon as possible
- Work with the school to find solutions
- Support your child

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## Preventing Cyberbullying

- Computers in PUBLIC AREAS ONLY!
- Have only one email address or monitor online and phone activity
- Talk about the risk and benefits of the Internet and other technology devices
- Share examples of inappropriate incidents that can happen online, which children may view as harmless or normal
- Learn what children are doing online and keep track of their online behavior
- Visit websites that children frequent (such as social networking sites) to see what teens encounter online
- Limit minutes and texting
- Check children's cell phone frequently

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## Talking to the Bully



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## Talking to the Bully

- State situation in matter of fact manner – state the facts
- Ask for bullies' comments (not denials or excuses)
- Allow the bully the opportunity to take responsibility – "Start with I"
- Restate rule that was violated
- Note direct witnessing or witness reports
- NEVER blame victim
- Remain calm, neutral and respectful
- Discuss the consequences
- Provide supervision and follow up

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## Supervision

**Assess:**

- Child's history
- Child's motivation
- Child's skill level
- False promises
- Child's willingness/ability to change
- Child's willingness to take responsibility
- Evidence of actual change



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## Consequences that Work

- Constant supervision and support
- Burdensome assignments
- Changes in peer group/activities
- Avoid aggressive activities
- Restitution
- Service Activities
- Reduce/Eliminate violent media
- Mentoring and Guidance

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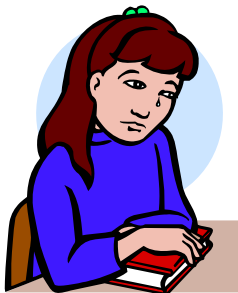
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## Supporting the Target



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## Talking with the Target

- Ask target to tell you what happened – before, during and after
- Reassure targets that bullying is not their fault – others have also been bullied
- Ask about previous incidents with this bully or others
- Ask about sense of safety/fear
- Instill need and duty to report
- NEVER blame the target
- Help children to CHOOSE their reaction
- Offer support and resources/assertiveness training



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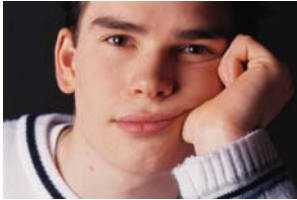
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## Help Children Respond to Cyberbullying

- Report the incident immediately to an adult
- Delete inappropriate images
- Never bully back
- Refuse to pass along
- Tell the sender to stop
- Shut it down!
- Block the sender



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## Teach and Practice New Skills

- Standing Strong
- Saying Nothing
- “And your point is?”
- “So”
- Using Humor
- “Agreeing” with the bully
- Walking away
- Wise retreat
- Reporting
- Making a plan



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## Empowering Bystanders

- Help bystanders see themselves as integral part of school environment
- Educate bystanders in appropriate actions
  - Partnering with targeted students
  - Including targets in their group
  - Standing together with others against bullies
  - Standing up for others
  - Reporting bullying
  - Never joining in bullying behaviors

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## Working With The School



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## Working with the School

- Keep track of date and nature of incidents
- Connect with school as soon as possible
- Meet with teacher or school staff –  
REMAIN CALM
- Thank school staff for seeing you
- State the facts of the situation, along with witness statements
- Ask for a plan of action

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## Creating a Caring, Tolerant Home



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## Teach Children the Values of:

- Apologies
- Empathy
- Forgiveness
- Patience
- Cooperation
- Compassion
- Consideration for others

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## It's up to you!

Help make our schools safe for

GROWING  
LEARNING  
DREAMING  
SUCCEEDING

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