What is bullying?

Bullying: Repeated and unwanted aggressive behavior that occurs over a period of time with an imbalance of power between the bully and the victim.

What parents need to look for?

(How do I know if my child is being bullied and needs help?)

• Change in behavior—withdrawn, angry, irritable, sad...
• Refusing to participate in activities or go certain places
• Loss of sleep
• Change in appetite
• Listen

What do I do if my child is being bullied?

• LISTEN
• Talk with them about their options and what they can do
• Practice anger control and appropriate responses
• Practice responding in a firm, strong voice
• Practice looking them in the eye while standing up for yourself.
• Find activities to boost self esteem
• Discuss tolerance and empathy
• Remind them the person who is being mean must be hurting... (Bucket filling)
• If it is a true bullying situation let the school know about the situation and work together to help your child feel empowered

MOST IMPORTANTLY...

DON’T BE A VICTIM!
What if my child is a bystander?

• Talk with the child and discuss what the person getting bullied must feel like. Discuss what would you hope someone watching would do to help you? (Teach empathy)

• Discuss what to do in this situation before being in this situation. (TV, Books, stories, conversation...)

• Be a good role model

What to do if my child is a bully?

• Check yourself... How do you treat others?

• Talk with your child. Why are they hurting inside?

• Let them know respectful behavior is expected.

• Seek help

• Find ways to boost self esteem

• Volunteer, Random Acts of Kindness, Service Learning.

Things we do at school to prevent bullying.

• We have high expectations
• We build relationships
• Bucket filling
• FLOAT
  (Forget about it, Leave, Openly express yourself, Apply strong words, Tell somebody)
• Role play-Guidance Class
• School Counselor
• SAT Team
• Check and Connect
• Teammates Mentoring
• Love and Logic
• Work as a team-students, parents, teachers, community