

SO WHAT IS BULLYING?

JOKING AROUND:

- Everyone is having fun, nobody is hurt
- Everyone is participating equally

ONE TIME THING:

- Somebody being mean on purpose as a reaction to a strong feeling or emotion
- Happens once and does not repeat itself

CONFLICT:

- Two people with a balance of power that have a fight, argument, or disagreement
- A solution can usually be found

BULLYING:

- Repeated aggressive behavior towards someone
- Someone is being hurt on purpose
- Can be social, verbal, physical, or cyber



brought to you by the South Sioux City
Elementary School Counselors



Bullying often stems from feelings of loneliness and a lack of self-worth, especially in the younger years. The following tips are provided to help empower your children to deal with bullying.

READ CUES: It's easier to dig into a child's day when they are in elementary school. Ask them about their day by using creative questioning. With teenagers, read their body language to tell if something is wrong. Take time to understand if and why your child is moody.

PRACTICE "TARGET DENIAL": Teach your child to avoid areas where bullying has occurred. Avoid situations where your child is alone. Bullies often target children who are weak and by themselves.

KNOW WHO YOUR ALLIES ARE: Teach your child to go to an adult who can help. Make sure you and your child know who is on your side and on your child's side in all the places they frequent.

brought to you by the South Sioux City
Elementary School Counselors

ROLE PLAY: Put your child in an uncomfortable situation at home so he/she can practice negating the situation; this can be a powerful defense. If children practice leaving, feel secure about it, and tell the right authority, they will be more confident and less anxious.

STAND UP FOR SOMEONE: Teach your child that it's okay to stand up for someone if he/she feels safe to do so. Telling a bully to "knock it off" or "stop it" is brave. Your child could even intervene and escort the victim away. If your child does not feel safe enough to do this, instruct them to get an adult.

ATTITUDE IS EVERYTHING: Show your children how much you love and believe in them. Even shy children can draw on ingrained strength when needed. It's hard to grow a thick skin if hurtful words are being thrown like stones. But if your child is confident in who they are, there is less chance bullying will leave harmful effects.

PRACTICE LOVE: Children who have friends and self-confidence are less likely to be bullied or to bully. If your child knows someone is being bullied, teach him/her to reach out to that person. Be a friend. If it is safe, even reaching out to a person who is a bully might soften their heart.



brought to you by the South Sioux City
Elementary School Counselors