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- Change in behavior-withdrawn, angry, irritable, sad…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
  (**F**orget about it, **L**eave, **O**penly express yourself, **A**pply strong words, **T**ell 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