

## Building Safe, Caring and Respectful Schools: Parents

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## Fact or Fiction

Bullying causes serious harm.

Children outgrow bullying

Bullying affects the majority of our children.

Reporting bullying does not stop it from happening.

Fighting back makes the bullying worse.

Bullying happens wherever children gather to live,  
learn, or play.

Peers play a major role in bullying.

## Bullying is.....

a relationship issue where one person or group repeatedly uses *power* and aggression to control or *intentionally hurt*, harm, or intimidate another person or group. It is often based on another person's appearance, abilities, culture, race, religion, ethnicity, sexual orientation or gender identity.

Saskatchewan Action Plan to Address Bullying and Cyberbullying November 2013

## Conflict vs Bullying

Bullying	Conflict
A persistent pattern of unwelcome or <b>aggressive</b> behaviour that often involves an imbalance of <b>power</b> , and/or the <b>intention</b> to harm or humiliate someone.	A disagreement or difference in opinion between peers who typically have <b>equal power</b> in their relationships. It's usually an inevitable part of a group dynamic.

## Types of Bullying

### Verbal

Verbally attacking someone

- Name calling
- Mocking
- Put downs
- Hurtful teasing
- Threats



### Physical

Using physical force or aggression against another person

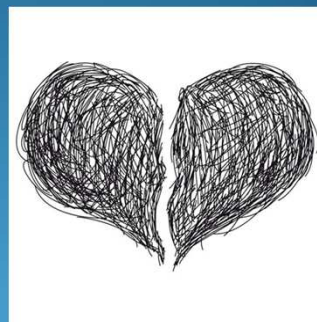
- Hitting
- Pushing
- Tripping
- Punching
- Kicking
- Spitting
- Shoving



## Social/Relational

Trying to hurt someone through manipulating social relationships

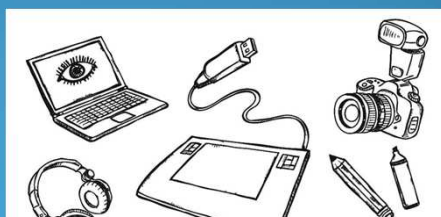
- Eye rolling
- Gossiping and spreading rumors
- Revealing other people's secrets
- Excluding someone from the group
- Setting someone up to look foolish
- Giving someone the silent treatment
- Jokes followed up by "just kidding"



## Electronic/Cyber

Using electronic media to threaten, embarrass, intimidate, exclude or damage someone's reputation.

- Sending threatening text messages
- Circulating embarrassing emails
- Revealing other people's secrets
- Distributing sexual photos
- Posting insulting messages
- Developing web pages with hurtful content



## Focus on the Small Stuff

- Intervene as soon as you see unkind actions or hear unkind words (gateway behaviors).
- “Nine second” rule of thumb – spend the first two seconds noticing and the next seven seconds briefly and firmly responding.
- When adults miss the opportunity to respond quickly we end up looking as if we’re ignoring the behavior.



## How Can Parents Help?

### 1. Stop, listen, and stand up.

- Be sure to give your child your full attention when they confide in you.
- Ask for details.
- Report the bullying to other adults. (teacher, coach, etc)
- Share any bullying experiences you may have had.
- Watch shows they are interested in and discuss stereotypes, peer pressure, and what makes a healthy relationship.

### 2. Teach your child to be assertive – not aggressive.

- Aggression makes the problem worse.
- Help your child rehearse phrases and words until they sound confident.
- Reassure them that walking away and reporting a bullying incident is the best response.

### **3. Change the dynamics.**

- Provide an environment that promotes positive friendships and reduces negative interactions.
- Enroll your child in activities in and out of school so they can experience different friendships.

### **4. Build on Children's Strengths**

- Find activities they enjoy so they can feel good about themselves.
- For children who bully, provide opportunities for them to use their nature leadership skills in a positive way.

**5. Praise and Practice Inclusive and Respectful Behavior**

- Practice tolerance.
- Model positive power by respecting and supporting others.
- Praise respectful and inclusive behavior whenever you see it.
- Focus on the positives of your child.

**6. Use Consequences that Teach and Encourage Empathy**

- Set guidelines, limits, and consequences for unacceptable behavior.



## Signs of Bullying

<http://www.youtube.com/watch?v=nUiqUlHNlao>

## Strategies for Handling a Bully

- Stay close to others who will stick up for you.
- Stay in areas where you feel safe.
- Walk away.
- Use your WORDS not fists.
- Practice looking brave, even if you don't feel it.
- Don't blame yourself. This is not your fault.

## Strategies for Handling a Bully

- Invite kids who are being bullied to play with you somewhere else.
- Be their friend. Make sure they know no one deserves to be bullied.
- Use your voice! Tell someone who is bullying that their *behaviour* is NOT OKAY.

Squawk – Walk- Talk

## Keeping Kids Safe Online

- Always keep your computer in a common area.
- Always charge all cellphones in your room overnight.
- Always set up email, chat accounts and blogs with your children so you are aware of the type of information they are posting.

## Signs of Cyberbullying

Target	Bully
Avoid discussions of online behavior	Secretive of online activities – switch screens when others walk by
May appear unhappy, irritable, or distressed after using the computer or cell phone	Spend long hours online and become upset if they can't use the computer
Change in how often they use the computer	May have multiple online accounts and appear agitated or animated when online

## Effects of Bullying

### Target

- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy.
- Health complaints.
- Poor academic achievement.

## Bully

- Abuse alcohol and other drugs in adolescence and as adults.
- Get into fights, vandalize property, and drop out of school.
- Have criminal convictions and traffic citations as adults.
- Be abusive towards their spouse or children.

## Bystander

- Have increased use of alcohol, tobacco, or other drugs.
- Have increased mental health problems such as depression and anxiety.
- Miss or skip school.

## Beyond the Hurt – Bullying Prevention

- <http://www.youtube.com/watch?v=VWArsgodpzo>