

BULLYING

TYPES OF BULLYING:

- ❖ VERBAL – taunts, name-calling, teasing, put downs, threats, intimidation and spreading rumors
- ❖ EMOTIONAL/SOCIAL – leaving someone out of things (games, team sports, events), making fun of them or humiliating them.
- ❖ RACIAL – is about racist taunts or graffiti
- ❖ SEXUAL – unwanted contact or rude personal comments
- ❖ PHYSICAL – assault, physical violence
- ❖ CYBER - using the computer or other technology to harass or threaten

WARNING SIGNS:

- ❖ Being afraid to go to school or complaining of being ill in the morning.
- ❖ Skipping school or grades starting to drop.
- ❖ “Losing” belongings or clothes or books destroyed.
- ❖ Having nightmares
- ❖ Attempting or talking about suicide.
- ❖ Becoming withdrawn
- ❖ Begin to bully other children.
- ❖ Over or under eating
- ❖ Moody outbursts
- ❖ Physical injuries(bruising)
- ❖ Loss of Money
- ❖ Bed Wetting
- ❖ Suddenly lose a close circle of friends

TIPS FOR KIDS:

- ❖ Ignoring and pretending bully does not exist. If you do not react the bully realizes they are not affecting you and get bored and stop. Looking them in the eye and telling them to stop and walk away from them
- ❖ Physically fighting back is not a useful choice because you can get hurt or blamed for starting it.
- ❖ Staying in a group during school prevents the bully from one-on-one contact
- ❖ The bully wants you to act like a victim. If you cry or get upset or are slumping and avoiding eye contact you will come across as weak. This will only encourage them to keep picking on you. You have to have confidence and believe in yourself.
- ❖ Don't let it get to you. What the bully is saying is not true. You are a good person. It may be difficult, but try not to let what they say bother you.
- ❖ Tell everyone you know about the bully. You do not have to let on that you were bullied, but warning others will prevent them from being bullied by exposing the bully.
- ❖ Tell someone, a friend, a parent, a counselor or teacher, but do not suffer in silence. Silent victims make it easier for the bully to repeat their behavior without any consequences.
- ❖ It takes courage to speak out, but reporting it will help others as someone who is bullying you is probably bullying someone else as well.

TIPS FOR PARENTS

- ❖ Ask your child what is going on. They often do not open up and will only talk if asked direct questions.
- ❖ When your child tells you their being bullied. Control your emotions. Overreacting can you're your child feel they have done something wrong.
- ❖ Offer your child comfort; let them know you will support them.
- ❖ Assure your child that no one has the right to bully another person.
- ❖ Work with child in developing safety strategies to deal with the bully using methods that will not increase aggression. For example, a child could say, "Stop it" firmly and walk away.
- ❖ Let your child know that the bullying is not their fault and encourage them to ask for help and not to stop until they get it.
- ❖ Work with the school to make sure they are aware of the situation and that it can be monitored, and that they have strategies to deal with the bullying.
- ❖ Help your child develop confidence in their social skills. Encourage your child to get involved and participate in sports, clubs or social groups are interested in to make friends and be around positive social groups. Bullies tend to pick on children who are isolated.
- ❖ Build their self esteem by creating opportunities for your child to do something well (a task, a sport or hobby) and praise them to help build self-esteem.
- ❖ Encourage your child to talk to you about their feelings and ideas. Offer positive feedback when a child has the courage to tell you and other adults about bullying. Staying silent because of fear of retaliation makes things worse.
- ❖ Be aware of any bullying that may be going on at home and put a stop to it. Consistency matters!