

BULLYING TIPS FOR PARENTS
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(Presenter's Notes)

What is Bullying?

- Bullying is defined as constantly saying or doing nasty or unpleasant things or teasing in a way someone doesn't like.

Signs of Bullying

- * Sudden fear or reluctance to go to school.
- * Ripped or torn clothing at the end of the school day.
- * Frequent cuts or bruises & excuses to explain them.
- * Lost lunch money or possessions with excuses you have trouble believing.

More signs. . .

- * Spending more time alone
- * Grades that begin to fall
- * Spending less time doing activities once enjoyed
- * Changes in sleeping or eating
- * Physical complaints
- * Looking and acting sad

What to Do?

Pay attention to the problem. Parents need to help their child deal with bullying, and, in some cases, to protect the child from emotional and physical harm.

What Can Parents Do?

- Talk—let your child know that you know something's wrong.
- Listen—encourage your child to talk.
- Support—let your child know that it's not his fault.

Parents can ...

- Encourage—Suggest your child talk to the bully (only if he is not in physical danger)
- Reach Out—Tell a teacher or guidance counselor if necessary
- Protect—If your child is in physical danger, talk to the school authorities

Alvin Poussaint, Director of the KidsPeace Lee Salk Center for Research

“Bullying can be serious – for the bullies and the child who is bullied. It’s important to address the underlying reasons before they lead to even more harm.”

Why Do Kids Bully?

- They need to be in control
- They’re jealous, but have trouble sharing
- They learned that threats or violence get them what they want

Kids Bully because ...

- They’ve seen those close to them bully someone else
- They’ve been bullied & may be trying to get back at somebody without realizing it
- They have trouble controlling anger
- They don’t know how to talk about how they feel

Kids Bully ...

- They’re used to getting what they want
- They have low self-esteem
- They’re influenced by violent shows or games

Try These Suggestions ...

- Awareness – Let your child know you’re aware of the bullying behavior
- Stick to it – Even though he denies it
- Show real concern – Let him know you want to help & are concerned about his behavior

More Suggestions ...

- Talk – about what you’ve seen or heard, but do not judge him
- Teach the child – He may not know how to talk about feelings. Be open about the importance of talking, especially about upsetting things
- Be careful – Bullying, frequent yelling or violence at home can affect younger children

Additional Resources

- www.kidspeace.org
- www.TeenCentral.Net