

Thank you for  
joining us for  
our bullying  
presentation.



# What Is Bullying?

Bullying is something that is:

- Hurtful
- On Purpose
- Repeated
- One-sided

In order for it to be bullying, it must meet all of these criteria.

# Not Everything Is Bullying!

## Bullying:

- Repeated
- Intentional
- Hurtful
- One-Sided

## Conflict:

- One time or occasional
- Not planned
- Hurtful
- Both parties are involved

## Mean:

- One time or occasional
- Intentional
- Hurtful
- One-Sided

## Rude:

- One time or occasional
- Unintentional
- Hurtful
- One-Sided

# What Bullying Isn't

## Bullying is NOT:

- Two friends who are mad at each other
- Someone just being mean one time
- When someone teases the other person and the other person thinks it funny.
- When someone does something hurtful to another person on accident, or without understanding the negative effects of the behavior.

# Is It Bullying – Example 1

Q: Your child came home from school and told you that someone in her class made fun of her shoes.  
Is this bullying?



# Is It Bullying – Example 1

A: Unless this happens repeatedly, it is NOT bullying. A one time “mean moment” is not bullying.

# Is It Bullying – Example 2

Q: Your son is crying because he has gotten several text messages from a popular kid in his grade telling him that he has no friends and that no one likes him. Is this bullying?



# Is It Bullying – Example 2

A: Yes! This is intentional, repeated, hurtful and one-sided.



# Is It Bullying – Example 3

Q: You walk past the cafeteria and see your daughter sitting alone. She tells you that she doesn't have anyone to sit with. Is this bullying?



# Is It Bullying – Example 3

A: Probably not. Unless other students are excluding her on purpose, it is not bullying.

# The Types Of Bullying

Bullying is not just physical!

Other types of bullying include...

- **Verbal**: Name calling, threats, inappropriate comments, etc.
- **Emotional**: Exclusion, manipulation, spreading rumors, humiliation, etc.
- **Cyber**: Bullying done via technology, creating a fake account, posting inappropriate photos, etc.

# The Effects Of Bullying

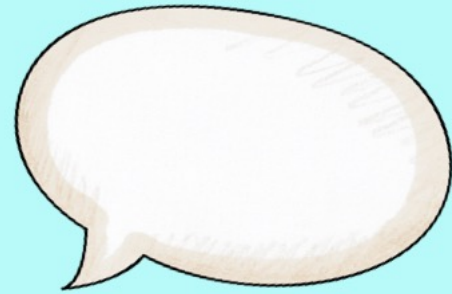
- Bullying can have adverse affects on everyone involved – those who bully, those who are bullied, and bystanders.
- Children involved in bullying are:
  - More likely to have mental and physical health complaints.
  - More likely to struggle academically
  - More likely to engage in risky behavior such as alcohol use, drug use and even violence.

So... What can we do?

# Teach your children to stand up to bullying!

If your child is being bullied, encourage him/her to...

- Tell an adult
- Walk away or ignore it
- Stay calm – don't bully back
- Try to avoid the other person when possible
- Stand up for him/herself by saying things such as:
  - "Stop."
  - "That isn't funny."
  - "What you are doing isn't nice."
  - "I'm not going to let you treat me like that."
  - "I'm not going to do what you tell me to do."
  - "I don't care what you think."



# Teach your children to stand up to bullying!

If your child witnesses bullying, encourage him/her to...

- Tell an adult
- Befriend the person who is being bullied
- Not laugh or join in
- Help the person who is being bullied get out of the situation.
- Stand up for the person by saying things such as:
  - “Stop.”
  - “That isn’t funny.”
  - “Don’t say/do things like that.”
  - “That’s not true.”
  - “I think he/she is awesome!”



# Teach your children to stand up to bullying!

## If your child is bullying others...

- Explicitly tell your child that his/her behavior is not okay.
- Work to find the underlying cause
  - Is your child trying to fit in?
  - Is your child seeking power?
  - Is your child struggling from low self-esteem?
- Establish "consequences" that involve the target
  - Have your child write an apology letter.
  - Have your child invite the other person to spend time with them.
- Continue to monitor the situation
- Get support! Talk to the school, your child's doctor, etc. about your concerns.

# Teach your children to stand up to bullying!

## Be Proactive!

- Make sure your child knows what bullying is. If they can identify bullying when it happens, it will be easier for them to tell an adult or stand up for themselves and/or others.
- Make sure your child knows specific strategies they can use to stand up for themselves and/or others.
- Role play with your child. Let your child practice the skills you have taught him/her.
- Talk to your children. Calmly listen when they share about their lives. When children feel like you care and can be trusted, they are more likely to open up about what is going on.
- Talk about and model how to show kindness and respect to others.



# Learn more about bullying!

It is important to talk to your child about what bullying is and what they can do about it. Here are some resources you might find helpful!

## Books For Parents:

- [8 Keys to End Bullying: Strategies for Parents & Schools](#) By Signe Whitson
- [The Bullying Breakthrough: Real Help for Parents and Teachers of the Bullied, Bystanders, and Bullies](#) By Jonathan McKee
- [Sticks and Stones: Defeating the Culture of Bullying and Rediscovering the Power of Character and Empathy](#) By Emily Bazelon

## Websites:

- <https://www.stopbullying.gov/>
- <https://www.pacer.org/bullying/>
- <https://www.nobully.org/>

