

Is your Child the Bully?

Have they been guilty of bullying someone else? Place a check in the box next to the bullying action your child has participated in.

- Hit, kick, or push to hurt someone
- Use words to call names, tease, or scare people
- Said or written mean things about someone
- Grabbed or broken another kid's property
- Made fun of someone
- Left a classmate out of a group on purpose
- Sent an angry email/text message that offended a classmate
- Feel good when putting down others

If you checked more than one box, your child might be a bully. If so, you should go talk to your child's teacher, the safety facilitator or the school social worker and work a plan.

Recognizing bullying behavior is the most important step.

Internet Resources About Bullying

Bully B'ware Take Action
www.bullybeware.com

The Stop Bullying Now Project
www.stopbullyingnow.com

Bullying.org Where you are not alone
www.bullying.org

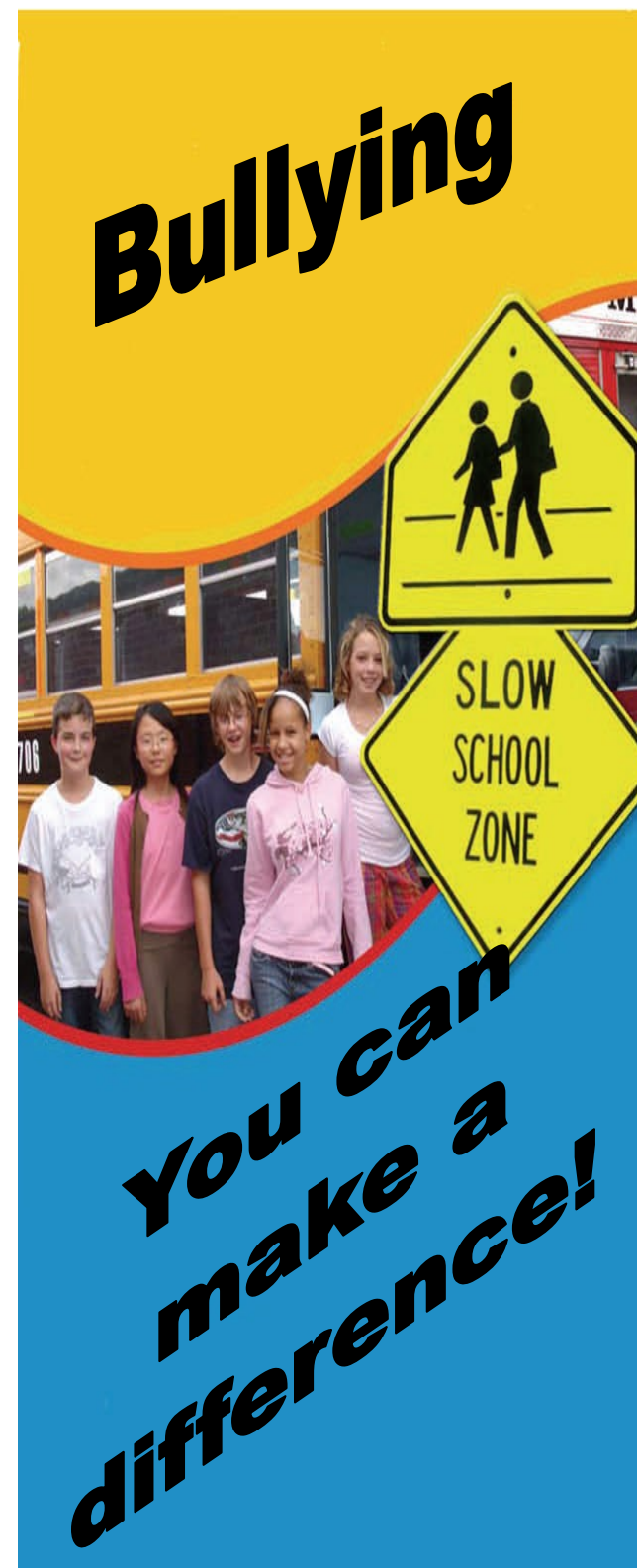
Back Off Bully
www.backoffbully.com

Anti-Bullying Network
www.antibullying.net

Bullying Online
www.Bullying.co.uk

Bullystoppers.com
www.bullystoppers.com

Peaceworks
www.stopbullyingnow.net



Bullying

What is Bullying?

- ⇒ Bullying happens when a person with greater power takes unfair advantage of someone less powerful. These negative actions are often repeated, becoming a pattern of behavior.
- ⇒ Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself.
- ⇒ Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural, social or ethnic power, level of intelligence, an ability, popularity, gender, etc.
- ⇒ Bullying is the persistent abuse of someone who is weaker. The bully watches for opportunities to pick on the victim and the victim feels tormented and defenseless. There are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. However, research doesn't follow that Ideology and anyone can become a victim of bullying.

Watch OUT Online!!

- ⇒ In chat rooms, on MySpace or Facebook, on IM or texts, others might pretend to be someone they aren't and ask your child to meet them. They should tell you immediately if one of your online "friends" wants to meet them face-to-face. If they receive unwanted and nasty emails, texts, IMS or have something posted on a website about you that makes fun of them. They should tell a trusted adult immediately...and keep telling until someone listens.
- ⇒ Explain they never should give out any identifying information; like where they frequent or school's name or mascot, because people can use personal information to contact your child or hurt them.

5 Tips for Parents to Prevent Bullying

1. Be consistent about rules and discipline, and involve your child in setting rules/consequences whenever possible. Explain to them what you expect and what the consequences will be for not following rules BEFORE they are enforced.
2. Use a positive approach to changing behavior by emphasizing good behavior rather than punishing bad behavior. Praise and affection can be the best rewards for children. Too many rewards, however, discourage development of internal values systems.
3. Accompany your children to supervised activities and watch how they get along with others. Teach your children non-aggressive ways to solve problems by discussing problems with them and asking them to consider what might happen if they use violence to solve problems.
4. Demonstrate values of respect, honesty and pride in your family and heritage with your actions. These are important sources of strength for children, especially when they are confronted with negative peer pressure.
5. Model involvement and service in your community for your children by volunteering in a variety of activities as an individual and as a family.

What's with those Bullies?

There are a lot of reasons why some people bully. They may see it as a way of being popular, or making themselves look tough and in charge. Some bullies do it to get attention or things, or to make other people afraid of them.

- Bullies might be jealous of the person they are bullying.
- They may be being bullied themselves.
- Some bullies may not even understand how wrong their behavior is and how it makes the person being bullied feel.