



# Bullying Information

## FOR PARENTS:

Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying. Here is some good examples of warning signs if

- Your child is being bullied: unexplainable injuries;lost or destroyed clothing, books,electronics, or jewelry; frequent headaches or stomach aches,feeling sick or faking illness;changes in eating habits; difficulty sleeping or frequent nightmares; declining grades,loss of interest in schoolwork or not wanting to go to school;sudden loss of friends or avoidance of social situations; feelings of helplessness or decreased self-esteem;self-destructive behaviors such as running away from home, harming themselves or talking about suicide.
- Your child is bullying others: getting into physical or verbal fights, have friends that are known to bully others; increasingly aggressive;get sent to the principal's office frequently; have unexplained extra money or new belongings;blame others for their problems;don't accept responsibility for their actions; are competitive and worry about their reputation or popularity.

It is critical that the parent talk to their children who show signs of being bullied or bullying others. These are warning signs and can also point to other issues or problems.

- Parent's Response:
  - o Recognize the signs;
  - o Learn what bullying is and what it is not;
  - o Utilize tips and tools to talk to your child about bullying. One website to go to for information is [www.stopbullying.gov](http://www.stopbullying.gov);
  - o Work with the school to help with this situation.

## What can parents of young children do about school bullying?

Parents are their children's first teachers. The words and actions children are taught or allowed to use at home often become the words and actions they use in other settings. As families prepare their children to enter the world, lessons about respect and empathy become especially important. Being a positive role model means teaching your child by example. There are many ways parents can promote the respectful and thoughtful behaviors they would like to impart to their children. These may include the following:

### At home

- Talk often with your child and listen carefully.
- Ask about your child's school day, activities and friends.
- Ask if your child feels safe and comfortable at school.
- Talk about what bullying means.
- Teach that bullying is unacceptable and can be dangerous.
- Stop bullying when it happens at home.
- Be clear about your expectations and consistently discipline when hurtful teasing and bullying occurs among siblings and peers.
- Help your child understand the meaning and positive roles of friendship.
- Teach that people can be different in many ways.
- Teach and practice basic manners.
- Help your child find and develop his/her personal talents.
- Help your child choose positive and respectful friends.
- Help your child choose TV, music and video programs that promote respect, kindness

and understanding.

Talk with your child about their school experiences and peers.

Encourage your child to tell you when bullying happens at school.

### **At school**

Learn the school's rules and sanctions regarding bullying.

Participate in training the school may offer regarding bullying.

Stay in touch with your child's teacher.

As soon as you are aware of a bullying problem, report it to the school.

Accept help from the school with regard to bullying problems whether your child is the target, the bully or a bystander.

### **Be a positive role model in any setting.**

Caring and responsible parents can use their choices, words and actions to model respectful behaviors and peaceful problem solving.

## **What can parents of teens do about school bullying?**

As children grow older, parents begin to observe their child's independent nature. They can see the ways their children have come to manage issues such as rules, response to authority, choosing friends, dealing with popularity, and exercising personal and social power. While teens may seem grown-up and independent, it is important for parents to remain active and involved in their children's lives. Parents can promote and reinforce respectful and thoughtful behaviors to help their teens deal with school bullying.

### **Teach that:**

Bullying is disrespectful and can be dangerous.

Bullying of a sexual nature is **sexual harassment** and is against the law.

**Hazing** is a form of group bullying and can be against the law depending on your state.

Bullying on the basis of race, ethnicity, religion, disability or sexual orientation is a form of hate behavior and is in some cases a **hate crime**.

We live in a world where human diversity is a fact.

Bullying behaviors that continue into adulthood can create serious personal and professional problems.

Bullying can have a lifetime of consequences for the person who is bullied and the bully.

### **Work with your school:**

Learn the school's rules and sanctions regarding bullying.

Participate in training the school may offer regarding bullying.

Stay in touch with your teen's teachers and coaches.

As soon as you become aware of a bullying problem, report it to the school.

Accept help from the school with regard to bullying problems whether your teen is the target, the bully or a bystander.

Become a part of bullying prevention efforts and programs at your school

### **Be a positive role model in any setting.**

Refrain from using foul language or put-downs.

Demonstrate friendships with others that are based on trust and respect.

Respect the diversity of others.

Caring and responsible parents can use their choices, words and actions to model respectful behaviors and peaceful problem solving.