AGENDA

• WHAT IS BULLYING
• TYPES OF BULLYING
• 3 ROLES IN THE BULLYING CYCLE
• IF MY CHILD IS BEING BULLIED
• IF MY CHILD IS THE BULLY
• IF MY CHILD IS THE BYSTANDER
• IF MY CHILD IS BEING CYBERBULLIED
• THE SCHOOL ROLE
• CASE STUDIES
• RESOURCES AND Q&A
BULLYING

BULLYING has been defined by three elements:

- Aggression (intent to harm)
- Power differential
- Repetition

With repeated bullying, the power differential between the child who bullies and the victimized child increases, leaving the latter increasingly powerless to defend themselves.

Bullying is a relationship problem that requires relationship solutions.

Age appropriate conflict is different from bullying.
Encourage children to build healthy relationships by modelling positive ways they can connect with others:

Promote opportunities for children to learn cooperation skills and develop empathy

Role model positive social interactions

Identify positive and friendly behaviors Vs. negative ones

Implement age appropriate consequences whenever needed

Set clear expectations for behavior

Coach about the process of conflict resolution

Allow children to express their feelings/cope with their emotions
TYPES OF BULLYING

BULLYING

DIRECT

VERBAL

PHYSICAL

INDIRECT

SOCIAL

CYBER
3 ROLES IN THE BULLYING CYCLE

BULLY

VICTIM

Bystander
THE BULLY

Why Do Some People Bully Others?

• To be perceived as dominant and “in control”
• To attract attention from others
• As a way of making others feel afraid or intimidated
• May have been victims of bullying themselves
How to help a Bully?

• Some bullies are unaware of the negative impact they have on others.
• Ask the bully to think about what drove their behavior
• What were they feeling at the time
• Advocate for open communication
• Reinforce positive self-esteem
• Remember the Golden Rule
THE VICTIM

Why Are Some People Bullied?

• Children can be bullied for no particular reason

• It may be because they are different in some way

• They may appear to be more vulnerable
How to help?

- Stay calm - bullies love a reaction
- Ignore the bully
- Avoid places where you might be bullied
- Tell the bully to stop and walk away
- Avoid being around your bully
- Stick with your friends
- Show confidence
- Use humor - play it down
- Plan how to react ahead of time
- Tell an adult you trust
THE BYSTANDER

Why is the Bystander so Important?

• They are indirectly involved in the situation
• Have the power to stand up and speak out
• The bystander may feel hesitant to intervene – need reassurance

Reporting Vs. Tattling

Tattling is when you want to get someone in trouble.

When you report bullying you are helping someone else.
THE BYSTANDER

How to help?

- Strength in numbers
- Speak up – tell the bully that they are wrong
- Encourage the victim to tell an adult
- Avoid directly “fighting” the bully
Warning Signs

• Reluctancy to go to school
• Unexplained and/or sudden tummy or headaches
• Change in sleep and eating patterns
• Becoming quiet or withdrawn
• Change in overall demeanor
• Seems upset after using their phone, coming back from school, a playdate, etc.
What can you do?

If you suspect bullying is occurring and your child is reluctant to open up, find opportunities to bring up the issue.

You can use a situation from a TV show, the news, a book, an article or incident at school as a conversation starter:

"What do you think of this?"
"What do you think that person should have done?"
"Have you ever seen this happen?"
"Have you ever experienced this?"
IF MY CHILD IS BEING BULLIED

Control your emotions: Listen without judgement/ share personal experiences
Above all: Reassure it is not their fault

Tips:
Body language
Tone of voice
Positive thinking
Ignore/ Avoid
Use humor
Role-play
Speak up
Encourage activities that will boost their confidence
Encourage them to be surrounded by active/positive peers
Encourage them ask help from a trusted adult at school
IF MY CHILD IS BEING CYBERBULLIED

Encourage your child to:
• Not respond to cyberbullying
• Save the messages and/or pictures as evidence
• Not share personal information or personal photos
• Block/Report the person that is bullying
• Not engage in conversations or accept calls from strangers
• Limited “screen time”

Stay connected to your child world online
Report cyberbullying to authorities or to online service providers

TEACH THEM TO BE GOOD DIGITAL CITIZENS!
BE A GOOD ROLE MODEL!
IF MY CHILD IS A BULLY

Control your emotions: Listen without judgement

Encourage them to express their feelings:
What lead to the situation and help them understand the other’s perspective/feelings and the impact of their actions, short/long-term consequences, etc.

It is important to pinpoint what is at the root of this behavior:
Are they being bullied, struggling to find a group of friends, having selfesteem or body image issues, experiencing changes/difficulties that are having a negative impact, etc.?
IF MY CHILD IS THE BYSTANDER

Open lines of communication with your child about what happens at school and online

Talk about empathy, kindness and respect

Encourage them to be an Upstander/Active Bystander

Encourage your child to:
- Be surround by positive peers
- Be supportive or invite the person bullied to join your group
- Feel confident in sharing their ideas/feelings
- Avoid being the bully’s ally (accomplice)
- Find support from adults
THE SCHOOL ROLE

• Personal Social Health Education (PSHE) Program
• Digital Citizenship
• Hidden Curriculum
• Student Handbook
Scenario 1

Kim doesn’t want to go to school anymore and you realize this happens especially on PE days.

• What should Kim’s parents do?
• What do you think is going on with Kim?
Scenario 2

Courtney isn’t very good at reading out loud in class. When she gets nervous, it is even harder to read. Some students laugh when Courtney mispronounces a few words and they continue to make fun of Courtney throughout class.

• Do you think she is being bullied?
• What should Courtney do?
Scenario 3

Marissa has begun receiving nasty emails. The email is not from anyone she knows. The emails continue, and they are very hurtful. It seems there is no place to get away from the insults.

• Is this cyberbullying?
• What can Marissa do?
• Who can help Marissa?
Scenario 4

In PE class, Leon constantly brags about his athletic ability. He puts down those that aren’t as athletically gifted.

• Is Leon a bully?
• What is a good way for his peers to handle the situation?
Scenario 5

Britney slipped while jumping rope and twisted her ankle. Several other girls from her class think Britney is faking an injury to get special attention and call her a “wimp”, “faker” and “cry baby”.

• Are the other girls being bullies?
• What can Britney do?
Scenario 6

Caitlin tells her friends that Ashley is a “loser” and no one should be friends with her. Ashley feels bad when some of the girls won’t play with her at recess.

• Is this bullying?
• What should Ashley do?
Scenario 7

Ryan likes to play on the monkey bars at recess. There are always a lot of girls on the monkey bars and Ryan cuts in front of the girls that are waiting their turn in line. When one of the girls tells Ryan to wait his turn, he pushes her out of the way and swings on the monkey bars. He then kicks the girls and says he didn’t see her because he was busy swinging.

• Is Ryan a bully?
• What should the girls do?
Scenario 8

Mark knocks your books out of your hands every day as you walk down the hall to class. You really do not know Mark but he seems to have selected you as his favorite target.

• Is Mark a bully?
• What can you do?
Scenario 9

Seth is normally a very good student, but he is concerned that classmates will call him a “geek” or a “teacher’s pet” whenever he receives good grades. Seth purposely turns in some assignments later than the deadline which affect his grade for the quarter.

• Is this bullying?
• What should Seth do?
Scenario 10

Adam smashes Kyle’s shoulder every day when Kyle is unloading his backpack. Kyle is afraid to tell his teacher because Adam may say Kyle is a “tattle-tale.”

• Is this bullying?
• What can Kyle do?
Scenario 11

You belong to a large group of friends. There is a girl who always seems to be “in charge”. Other people’s opinions don’t seem to count, and she frequently gets her own way. This makes you feel very uncomfortable and you want things to change.

• Is she a bully or a leader?
• Are you a victim or a bystander?
• How could you and the group of friends handle the situation in the future?
Scenario 12

Mary is scrolling through Instagram and finds out that she’s been left out of a friend’s party. She becomes very upset and doesn’t want to go to school the next day.

• Is this bullying?
• What can Mary do?
• What can Mary’s parents do?
Scenario 13

Jill and Alyce are part of the same group of friends. Alyce and the other girls notice that Jill starts to hang out with another girl. Since they felt left out they decide to give her space and not spend so much time with Jill. Alyce reminds Jill of her birthday party and she tells her that now she can’t make it. Alyce is really upset. The next day Jill posts on Tik Tok that her best friends left her out and are not good friends anymore, including photos of Alyce and the other girls. Their classmates start to make comments about what is happening.

- Is this bullying?
- Is Jill a bully or a victim?
- What should Alyce do?
Scenario 14

John loves playing basketball and he spends most of his lunch time in the basketball court with his friends. This school year, James joined his class and is a really good basketball player. John feels that his friends don’t want to play with him as much as before.

- Is James a bully?
- What should John do?
Scenario 15

Mario and all his peers play soccer at lunch time. Sometimes, things get rough; physically and verbally. Peter tends to call Mario names during the game and gets easily frustrated when he doesn’t get possession over the ball. He tends to purposely makes fouls on the other players.

Is Peter a bully?

What can Mario and the other kids do?
RESOURCES

- https://www.pacer.org/bullying/resources/parents/helping-your-child.asp
- http://www.thebullyproject.com/parents
- https://www.kidpower.org/bullying/
- https://www.apavparajovens.pt/pt/go/o-que-e2
- https://www.miudossegurosna.net/
BE A BUDDY
NOT A BULLY!

THANK YOU!