

BULLYING RESOURCES FOR PARENTS

- Whether your child is being bullied or doing the bullying, parents have the most influence role in preventing and/or stopping bullying from happening. The very first mistake that parents make in terms of bullying is having the assumption of “Not My Child.” This goes for both having a child that is being bullied, and having a child that is the bully.
- Many times parents are of the old saying “kids will be kids,” or “when I was young kids were bullied, and we all turned out fine.” You might find this to be true with your experiences, but this does not apply in today’s world. The huge difference today is with the technology that kids have access to, bullying can very easily, and most times does, go beyond the doors of a school, playground in the neighborhood, or anywhere else. Texting, instant messaging, social networking/media pages (such as Facebook), are all areas where some kids ridicule, mock, insult, spread rumors, gossip, and attack others. When this is done kids then have the ability to walk away from what they have said, and most times feel no remorse.
- Technology has separated many adults and kids from the emotions that would otherwise change our ability to say and do harmful things to another human being. When we can disassociate ourselves from the emotion that others who we are bullying would otherwise exhibit before us in person, our internal conscience allows us to separate our actions from who we are, and who others know us to be.

As a parent you cannot be afraid or hesitate to ask for help; if you are, then your child will also be. Here are some easy things you can do to help your child and yourself:

- Have a one-on-one discussion about bullying with your child. Be aware of who they perceive to be bullies and why. Keep this communication open. This will let your child know that you are always ready to listen and help them with anything uncomfortable or that he/she is unsure of may be happening in his or her life.
- Discuss how to stand up for yourself and others assertively, not aggressively. This type of assertiveness shows a bully that bullying will not be tolerated.
- Monitor Internet, Text, Phone, and Social Media use.
- Don’t be afraid to talk with your school about what’s happening. Even if this is not happening at school, there are resources available to help both you and your child.

