

# UNDERSTANDING BULLYING AND BULLYING PREVENTION A GUIDE FOR PARENTS



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BULLYING DEFINITION (JULY 1,2021)

An act that is direct or indirect and severe, persistent or pervasive, which

- (A) causes physical or emotional harm to an individual
- (B) places an individual in reasonable fear of physical or emotional harm, or
- (C) infringes on the rights or opportunities of an individual at school.

## DEFINITION ... CONTINUED

"Bullying" shall include, but need not be limited to, a written, oral or electronic communication or physical act or gesture based on any actual or perceived differentiating characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity or expression, socioeconomic status, academic status, physical appearance, or mental, physical, developmental or sensory disability, or by association with an individual or group who has or is perceived to have one or more of such characteristics.

# FORMS OF BULLYING

Physical bullying

Teasing or name-calling

Threats and intimidation

Extortion or stealing money and/or possessions

Spreading rumors

Social exclusion

Peer sexual harassment





# CYBERBULLYING

**Cyberbullying = bullying that takes place online or through other mobile devices**

Examples include

- Spreading rumors about someone through instant messaging
- Threatening someone on a web log (blog)
- Creating hurtful websites against someone





- There are gender differences in the types of bullying that children experience (APA, 2004)



- are more likely than girls to report being physically bullied by their peers (Harris, Petrie, and Willoughby, 2002)
- report being bullied primarily by other boys (Melton et al., 1998; Olweus, 1993)



- are more likely than boys to report being targets of rumor-spreading and sexual comments (Nansel et al.2001)
- report being bullied by boys and girls (Melton et al., 1998; Olweus, 1993)

# SIGNS THAT A CHILD IS BEING BULLIED

## Physical

Cuts, bruises,  
scratches

Headaches,  
stomachaches

Damaged  
possessions

“Missing”  
possessions that  
need to be replaced

## Emotional

Withdrawal and/or  
shyness

Anxiety

Depression

Aggression

## Behavioral/ Social

Changes in eating or  
sleeping habits (e.g.,  
nightmares)

Lack of engagement  
in activities he/she  
once enjoyed

Beginning to bully  
siblings or mistreat  
family pets

Hurting self,  
attempting or  
threatening suicide

Suddenly changing  
friends

## Academic

School refusal  
behaviors

Changing method of  
going to school  
(e.g., changing  
walking route,  
wanting to be driven  
instead of riding the  
bus)

Drop in grades

# WHAT CAN PARENTS DO?





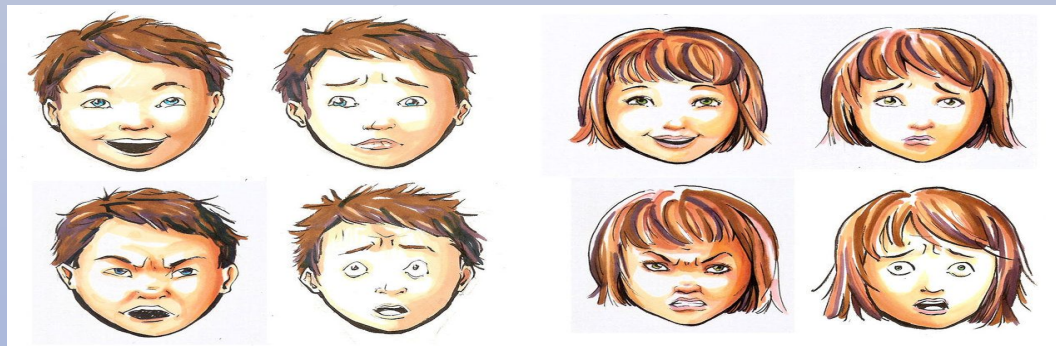
# WHAT CAN PARENTS DO?

Increase bullying awareness

- Teach kids what bullying is, how to identify it and report it (the difference between reporting and tattling)
- Underline the existing resources in the school (teachers, school psychologists, counselors, etc.)
- Talk about the school policy and see if they understand it
- Talk about the steps they need to take if they or someone else is being bullied

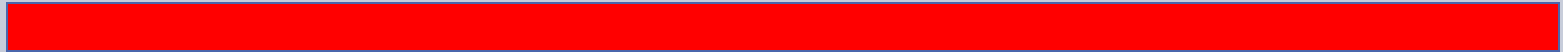
# PREVENTION

- Teach and practice social- skills with your children
  - Be creative. Incorporate social skills in every day activities
  - Teach emotions and problem solving
  - Teaching EMPATHY
  - Help your child view the world through another's perspective



- Reinforce good behavior and set up good examples
- Be a good role model

# EMPOWER YOUR CHILD BY TEACHING HIM/HER HOW TO BE ASSERTIVE!



Passive

Assertive

Aggressive

Being assertive = being confident, self-controlled

## ROLE PLAY!

### STEPS:

- Look the person in the eye.
- Stand up straight.
- Speak with a clear voice. Show that you mean it!

# PARENTS CAN PREVENT BULLYING

Keep an eye out for signs of bullying.

Ask children direct questions about how peers treat them and if they witness bullying.

Work with teachers, school staff, etc. to address bullying.

Inquire about the bullying policy at your child's school.

Suggest the implementation of a comprehensive anti-bullying program.

Be a positive role model



## Teaching the difference between tattling and reporting

<b>Tattling</b>	<b>Reporting</b>
<b>Unimportant</b>	<b>Important</b>
<b>Harmless</b>	<b>Someone being hurt</b>
<b>Accidental</b>	<b>Purposeful</b>
<b>Could solve alone</b>	<b>Needs help to solve</b>
<b>Trying to get someone in trouble</b>	<b>Trying to help someone else</b>





# INTERVENTION

## WHEN BEING BULLIED:

Tell the perpetrator to stop in an assertive way

Remove themselves from the situation

Ask for help from an adult

Make friends and keep them close



**COMMUNICATE.** Let adults know about what is going on

## PARENTS: HELPING A CHILD WHO IS BEING BULLIED

Take complaints of bullying seriously.

Reassure your child that he or she was right to tell you of the problem.

Teach your child to be assertive, not aggressive.

Help the child identify strategies for dealing with bullying.

Give the child positive social opportunities to make friends.

Make teachers and other caregivers aware of the problem and work together to address it.



# WHAT CAN PARENTS DO ABOUT CYBERBULLYING?

Establish good communication about social media (e.g. know if your child has a Facebook or Twitter account) **Learn how various social networking apps and sites work**

Be open and talk to your kids about cyberbullying

Know who your kids' friends are

Monitor the amount of time spent on the social media websites and the postings they make.

Build trust

Be your child's strongest supporter (show understanding, refrain from being judgmental, be there for them)

## WHAT CAN PARENTS DO ABOUT CYBERBULLYING?

Tell your children not to respond to any cyberbullying threats or comments online.

Don't overreact by blaming your children or underreact by asking the to ignore or “shrug it off”

Don't threaten to take away your children's phone or computer if they come to you with a problem.

Always keep in touch with the school and discuss the problem with the administrators. We are all here to help.

# PREVENTING BULLYING DISTRICT ACTIONS



All teachers and school staff are trained on a yearly basis on how to identify bullying and the procedures they have to take

Social Emotional Learning Curriculum in every school

School wide actions to foster and reward positive behaviors and improve school climate (PBIS practices)

Bullying Prevention Workshops for students (K-12)



