

Joshua ISD presents  
A Special Program for Elementary Parents:

# Protecting Your Child From Bullying And Harassment

Glenn Acker Auditorium  
Monday, December 6, 2010  
6:30-7:30 PM

a conversation with  
**Dr. David Welsh**  
Psychologist

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# Common Dynamics of Bullying

1. Power differential between bully and victim
2. Peer bystanders usually witness the bullying
3. Adults rarely witness the bullying
4. Victims do not respond effectively, thereby becoming “safe” targets
5. Victims tends to be socially isolated
6. Victims rarely report bullying
7. Most teachers report they intervene; most student say they don't
8. Boys tend towards physical bullying; girls tend toward relational bullying
9. Seems to increase through elementary years, peaks in middle school, declines in high school

## *Possible* Warning Signs That A Child Is Being Bullied

1. Torn, damaged clothing; missing belongings
2. Unexplained cuts, bruises, scratches
3. Has few (if any) friends
4. Seems fearful of going to school or riding bus
5. Sudden loss of interest in schoolwork
6. Appears sad, moody, or depressed after school
7. Has many psychosomatic complaints
8. Has trouble sleeping or loss of appetite
9. Withdraws or isolates self

## What Can Parents Do To Help?

1. Talk with and listen to your kids -- *every day!*
2. Become an anti-bullying “coach” for your child
3. Watch for the warning signs
4. Be supportive and gather information about the bullying
5. Empathize with your child--reassure that it’s NOT their fault
6. Teach your child to NOT be a bystander
7. Report bullying to school officials  
(but NOT the parents of the bully)
8. Try to help your child develop positive friendships
9. Become involved in school life
10. Keep your own emotions in check!