

Bully-proofing our School

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Objectives

What is Bullying?

Why Children Bully

Bullying vs. Normal Peer Conflict

What to do if you think your child is being bullied or witnessing bullying

How the school is working to prevent and address bullying

BULLYING



What is Bullying?

Repeated incidences of negative actions

An imbalance of power

Done by either an individual or a group

Done to gain attention or popularity

Done to get one's way or material things

Between children who are not friends and don't usually play together

Why Children Bully

To get power

To gain popularity and attention or material things

To act out problems at home

To copy what another person they may admire does



Recognizing the Differences

Normal Peer Conflict

- Equal power or friends
- Happens occasionally
- Accidental
- Not serious
- Equal emotional reaction
- Not seeking power or attention
- Not trying to get something
- Remorse – will take responsibility
- Effort to solve the problem

Bullying

- Imbalance of power; not friends
- Repeated negative actions
- Purposeful
- Serious with threat of harm
- Strong reaction from victim; no reaction from bully
- Seeking power, control or material things
- Attempt to gain material things or power
- No remorse – blames victim
- No effort to solve problem

What to do if you think your child is being bullied

Collect the facts – Bullying vs. teasing

- Take their complaints of bullying seriously but we want to be careful to not teach them that every negative experience with peers is bullying
- Listen and express empathy modeling a confident “we can solve this” attitude
- Tempering your response encourages your child to open up

Encourage your child to share their concerns with trusted adults at school. If they are reluctant then reach out to the teacher, one of us, or an administrator

Continue to check in and keep an open dialogue with your child

Empower your child against bullying

Talk

Talk to your child about what makes a good friend

- Kind, considerate, dependable, honest, and communicative
- They do things to make you feel good, happy, supported, and loved
- They use kind words to solve conflicts

Practice

Practice responses

- Setting boundaries by being assertive
- Role-play responses they can use in their specific situation

Review

Review the difference between tattling and telling

What to do if you think your child is witnessing bullying

Encourage your child to stand up for others

- Empathy
- Relate and join
- Stand up and speak out
 - Strength in numbers when speaking out
- Levels of risk
 - Not every child is comfortable speaking out so if they witness something they can let an adult know anonymously

How our school is working to prevent and address bullying

Prevention-

Schoolwide SEL (Second Step)

- Unit on Empathy

- Interpersonal problem-solving skills

Classroom guidance lessons

- Bucket filling

- Assertiveness training

- Bully-proofing lessons

Small groups focused on social interaction skills

Schoolwide recognition of kindness

Intervention-

Gathering information

- Interviewing students

- Talking with parents

Meet with students to review behavioral expectations, social interaction and conflict resolution skills

Counseling

- Groups and individual

Disciplinary actions as appropriate