

A Parent Information Presentation Sayville Public Schools



Parents, school staff, and other caring adults have a role to play in preventing bullying.

Understanding Bullying



Help kids understand bullying.

Talk about what bullying is and how to stand up to it safely.

Tell kids bullying is unacceptable.

Make sure kids know how to get help.



Knowledge IS Power!

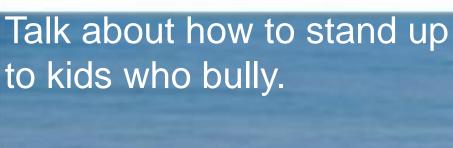
- Kids who know what bullying is can better identify it.
- They can talk about bullying if it happens to them or others.
- Kids need to know ways to safely stand up to bullying and how to get help.



Encourage kids to speak to a trusted adult if they are bullied or see others being bullied.

The adult can give comfort, support, and advice, even if they can't solve the problem directly.

Encourage the child to report bullying if it happens.



Give tips, like using humor and saying "stop" directly and confidently.

Talk about what to do if those actions don't work, like walking away





Keep the lines of communication open

Check in with kids often. Listen to them.

Know their friends, ask about school, and understand their concerns.



Talk, Talk, Talk...

Research tells us that children really do look to parents and caregivers for advice and help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:

Start the Conversation...

What would do you like best about yourself?

What is lunch time like at your school? Who do you sit with?

Is there anything you want to talk about?

What is it like to ride the school bus? Who do you sit with?

What was one good thing that happened today?

What are you good at?

CAUTION: DON'T MAKE IT A "3RD DEGREE" EXPERIENCE!

Be Direct

- Talking about bullying directly is an important step in understanding how the issue might be affecting kids.
- There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly.
- Assure kids that they are not alone in addressing any problems that arise.









Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?

What do you think parents can do to stop bullying,







Do you ever see kids at your school being bullied by others? How does it make you feel?

What do you usually do when you see bullying going on? Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

Bullying isn't OK here



This is our school. We have a right to ...

- Feel safe, and not be hit or teased. Be accepted for who we are.
- Be treated fairly, and with respect.
- Be free of negative peer pressure.

Be an Upstander, Not a Bystander

Urge them to help kids who are bullied by showing kindness or getting help



do what they love

Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.

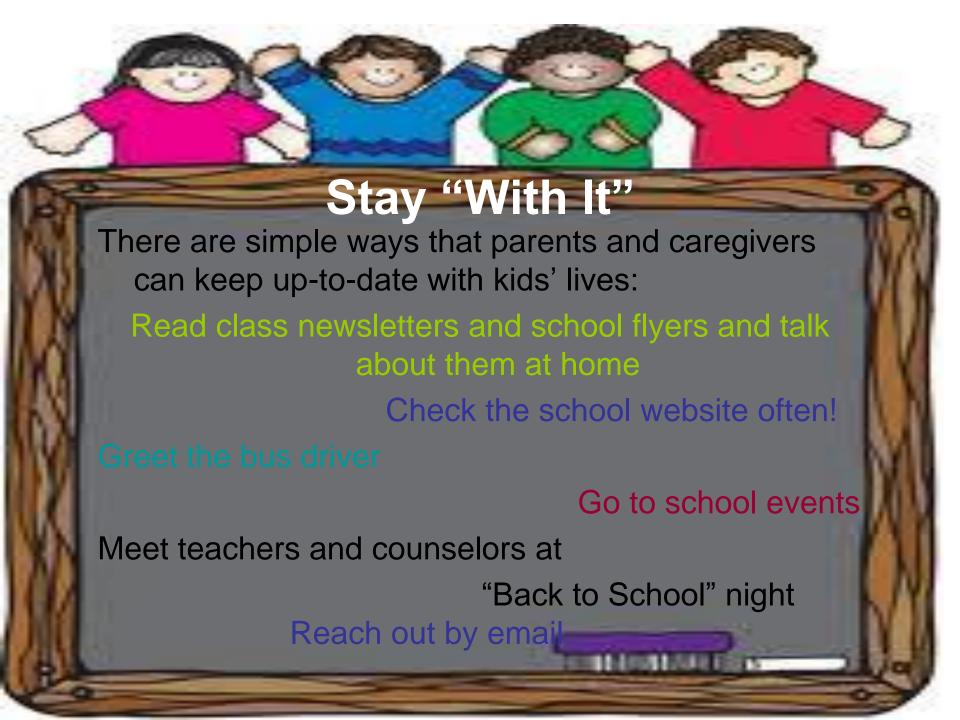
SAFETY

Talk about strategies for staying safe, such as staying near adults or groups of other kids.



Don't Ignore or Minimize

Get more ideas for talking with children about life and about bullying. If concerns come up, be sure to respond.



Model

Model how to treat others with kindness and respect.

MAKE NO MISTAKE ABOUT IT...Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.