

# 2025 Rady's Mental Health Webinar Series

## Facilitator Guide for Parents/Caregivers

### Reflection Questions and Answers

January 15, 2025

[Building Belonging: Turning the Tide on Bullying](#)

Hilary Bowers, MD, FAAP

**Short description of webinar:** *Bullying, in-person and online, can erode a youth's sense of self-worth and belonging. Join Hilary Bowers, MD, FAAP, to explore the impact and signs of bullying. Learn tools to foster connection and create inclusive spaces where children feel valued and supported whether at home or in the broader community.*

#### Pre-Webinar Sample Activity:

1. When you think about bullying and the different ways it is experienced by youth, how many forms of bullying come to mind? Write them down.

#### Post Webinar Sample Questions:

1. How many of the four ***Forms of Bullying*** highlighted in the webinar have you observed in youth in your life? Write them down.

##### Example answers:

- Physical
- Verbal
- Social
- Cyber



2. Which ***types of External Expression*** have you noticed in a youth who is experiencing bullying?

##### Example answers:

- Weight changes
- Clothing choices
- Hygiene
- Failing grades



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- Unexplained injuries
- Physical ailment

### 3. Which types of Behavioral Changes have you observed in a youth who is experiencing bullying?

#### Example answers:

- Withdrawal/isolation
- Irritation, anger, and aggression
- Disconnect from friends

#### Impact of Experiencing Bullying

##### External Expression:

- Weight changes
- Clothing choices
- Hygiene
- Falling grades
- Unexplained injuries
- Physical ailment



##### Behavioral Changes:

- Withdrawal/isolation
- Irritation, anger, and aggression
- Disconnect from friends



### 4. List one thing you have noticed about behavior and/or mental health that could be associated with the impact of cyberbullying.

#### Example answers:

- Elevated anxiety and stress levels
- Increased risk of depression
- Reduced self-esteem
- Social withdrawal
- Concentration issues

#### Cyberbullying Impact



- Elevated anxiety and stress levels
- Increased risk of depression
- Reduced self-esteem
- Social withdrawal
- Concentration issues

### 5. Which of the behavioral patterns or circumstances that might indicate a youth is at risk for bullying others have you observed?

#### Example answers:

- Frequently fight
- Associate with aggressive peers
- Regular disciplinary actions
- Have unexplained money or belongings
- Blame others
- Overly competitive

#### At Risk for Bullying Others

- Frequently fight
- Associate with aggressive peers
- Regular disciplinary actions
- Have unexplained money or belongings
- Blame others
- Overly competitive



### 6. Understanding that belonging can help turn the tide on bullying, which pathways to building belonging might you consider using?

#### Example answers:

- Connecting youth to each other
- Empowering youth
- Building their self-confidence
- Building authentic relationships with them

#### Connecting Youth to Each Other

##### Empowering Youth

- T: Thoughtful
- H: Helpful
- I: Involvement
- N: Necessary
- K: Kind

##### Build Self-Confidence

- Focus on the positive
- Encourage achievement
- Believed in yourself
- Celebrate successes
- Identify strengths

##### Building Authentic Relationships

- Participate in activities they enjoy
- Show genuine interest when they speak
- Offer support
- Respect feelings
- Establish a safe and inclusive environment
- Encourage individuality
- Address bullying behavior



### 7. If you wanted to support your youth by building authentic relationships with them, write down 3 strategies you would use.

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### Example answers:

- Participate in activities they enjoy
- Show genuine interest when they speak
- Offer support
- Respect feelings
- Establish a safe and inclusive environment
- Encourage individuality
- Address bullying head on



### 8. Which conversation starters do you think you might try to help support your youth through a challenge?

#### Example answers:

- How can I help you with \_\_\_\_?
- Help me understand \_\_\_\_.
- How would you like things to be different?
- What are the good things about \_\_\_\_ and what are the less good things about it?
- When would you be most likely to \_\_\_\_?
- What do you think you will lose if you give up \_\_\_\_?
- What can I do to show you support?



### 9. When considering cyberbullying, what would help your youth to practice safe social media use?

#### Example answers:

- Explain what cyberbullying is (with examples)
- Promote safe behavior online and offline
- Encourage critical thinking around content
- Encourage reporting and help seeking behaviors



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