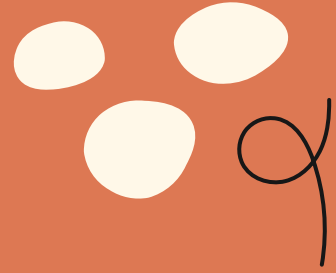




Understanding Bullying

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Fisler School Counselor



Today we will...

- Engage in discussion to understand Bullying
- Learn about ways to support our children
- Take turns sharing questions / comments
 - Specific questions—appt. with counselor

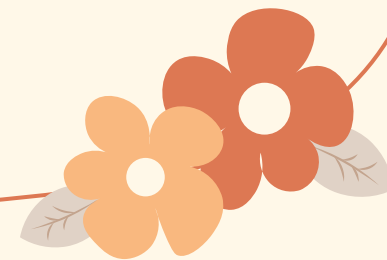
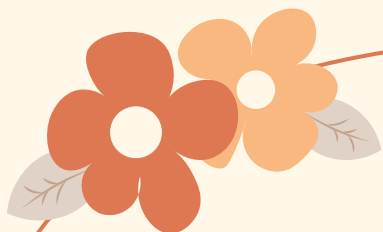


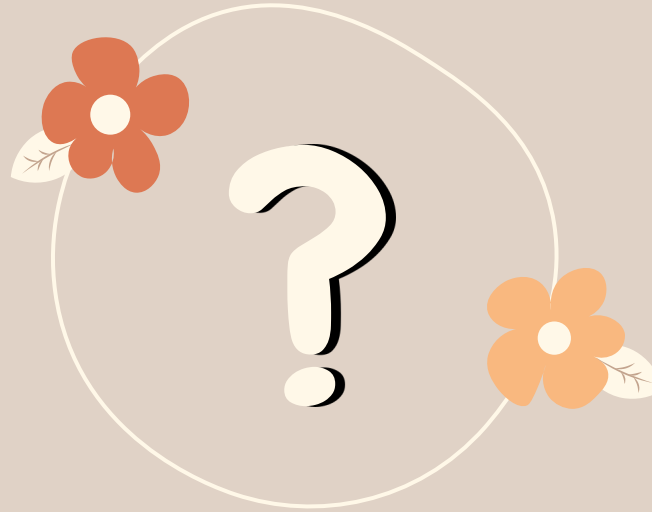


Myth: “Bullying is a natural part of childhood.”

FACT: There is nothing natural about being bullied. Bullying is often considered a normal part of childhood because it is such a common experience.

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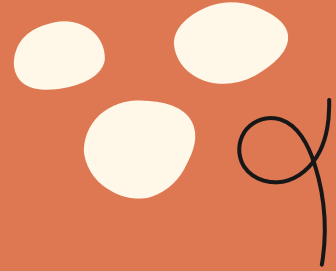




WHAT IS BULLYING?

How would you define bullying?





Bullying is a form of violence which exposes a person to abusive actions repeatedly over time.

To be considered bullying, the behavior must include:

1. **Aggression** - (severe & pervasive) - intent to cause harm
2. **Dominance** - imbalance of power, with the more powerful child or group attacking those who are less powerful.
3. **Persistence** - happen to the same person over and over by the same person or group.
4. **Negative Impact** - the victim is affected academically, emotionally, and/or psychologically.

How is bullying defined?

Intentional behavior, which is typically repeated, that hurts, harms, or humiliates a student, either physically or emotionally, and can happen while at school, in the community, or online.

Those bullying often have more social or physical "power," while those targeted have difficulty stopping the behavior.

Types of Bullying

Verbal

name-calling, teasing,
threatening

Social Emotional / Psychological

spreading rumors, leaving people out on
purpose, manipulating social situations,
breaking up friendships

Physical

hitting, punching, shoving,
kicking

Cyberbullying

using the Internet, cell phones or other
digital technologies to harm others

*****An act of bullying may fit into more than one of these groups.*****

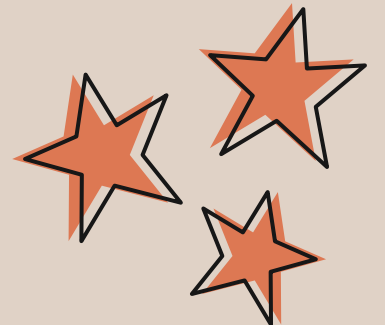


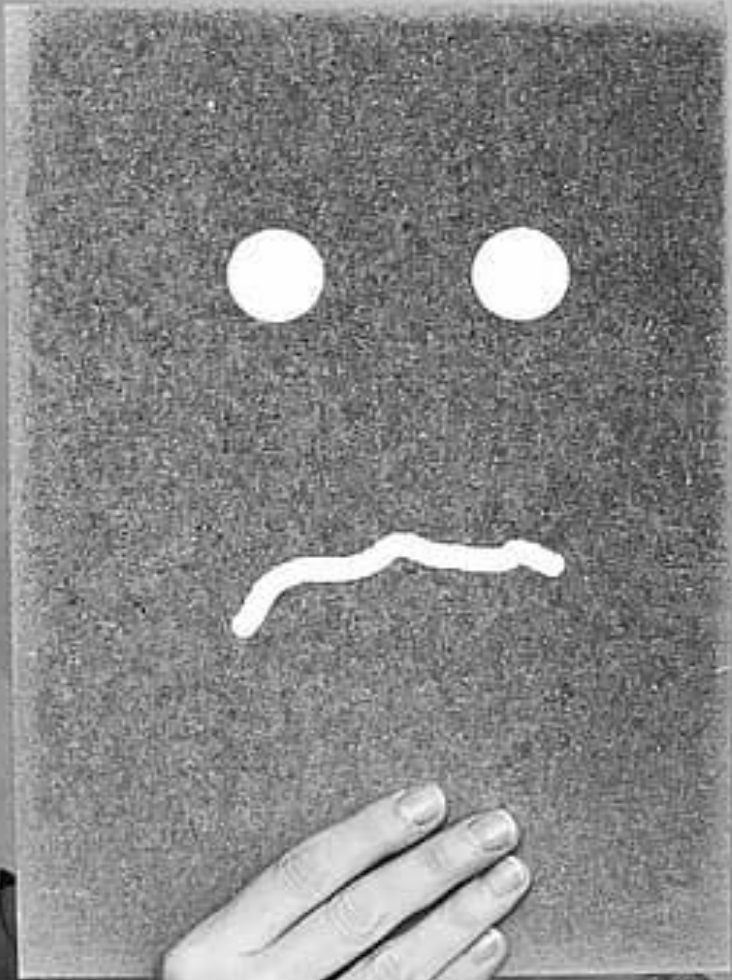
Who is a bully?

Statistics show that anyone can be a bully. Who?

- Girls
- Boys
- Tall
- Short
- Elementary
- Middle school
- High school and on...

* Bullying usually happens when there are other people around. Remember, bullies like to get the attention of those around them.





Conflict vs. Bullying





Conflict



✓ Equal balance of power between people involved



✓ Uncomfortable but not intended to hurt



✓ Someone's body and/or feelings are hurt by accident



✓ There is an effort to solve the disagreement



✓ Apologizes and learns a lesson



✓ Only happened once or occasionally

Bullying



✓ One person has the power / control



✓ Someone is being hurt on purpose



✓ Someone's body and/or feelings are *repeatedly* hurt



✓ There is no effort to solve the problem



✓ Does not feel sorry for actions



✓ Often repeated and may seem to be worsening



- Stop, think, do
- Use problem solving skills
- Tell an adult if the conflict isn't solved



- Report this to an adult immediately!



Bullying VS Conflict

Let's practice!

Nadia and Betty, two girls in Grade 5, are very competitive with each other. Recently, during the school talent show, Nadia accused Betty - in front of a group of other girls - of copying her dance moves. The next day, during a class discussion about the talent show, Betty talked about what had happened and started crying because she felt so humiliated.

- Is this Bullying or Conflict?

Conflict

Bullying VS Conflict

Let's practice!

Johnny tells you that Omar is stealing Carlos' money on a regular basis.

The next day Johnny brings Carlos to you, who hesitantly admits that this *is* true and he begs you not to get him into trouble with Omar because he feels scared of the consequences of telling on him.

You later approach Omar and he denies the accusation, asserting that Carlos was lending him money and that this was an agreement between them. Omar says he will be paying back the money and again assures that he wasn't stealing it.

□ Is this Bullying or Conflict?

Bullying

Bullying VS Conflict

Let's practice!

Danny, a popular and assertive boy in 4th grade initiates and organizes different games at recess on the playground. All the children play, if they wish, except one boy. This boy, Tyler, is small for his age and very shy. The boy who organizes the games says he doesn't want to play with this child, and that these are his games being that he organizes them, so he gets to choose who plays and who doesn't. Tyler sits all alone during the games and looks very sad and unhappy.

Is this Bullying or Conflict?

Bullying

Bullying VS Conflict

Let's practice!

A girl in 3rd grade has accused a boy in her class of stealing the dessert from her lunch. She told him off for this in front of all the kids in the lunchroom and he argued back that he hadn't stolen it. Then she went to tell the teacher.

Is this Bullying or Conflict?

Conflict

Bullying VS Conflict

Let's practice!

A group of about five girls spend a lot of time together, playing and talking together at recess/nutrition and having sleepovers on weekends. During a recess conversation, Angela becomes furious about a comment made by Tania, which she perceives to be an insult. The next day, Angela and all the other girls in this circle of friends refuse to speak with or look at Tania. Over the course of the following week, the group of girls bands together to ignore Tania. Tania becomes increasingly quiet and withdrawn and begins to miss days of school.



Is this Bullying or Conflict?

Bullying

WARNING SIGNS



- ❖ Shows emotional turmoil:
 - ✓ mood swings, withdrawal, inability to concentrate, increase in anger, anxiety, frustration, etc.
- ❖ Sudden or ongoing illness or other reasons to not attend school
- ❖ Avoids lunch, recess or other less structured/monitored activities
- ❖ Loss of interest in school or suddenly begins to do poorly in school
- ❖ Changes in friends or groups of friends; has few friends
- ❖ Displays of suspicious bruises or scratches - especially after less supervised periods in school
- ❖ Frequent “loss” of money or property; comes home with damaged or missing belongings
- ❖ Increased involvement in fights
- ❖ Statements such as “I just don’t like school anymore”.

What advice should I give my child?





WHAT SHOULD MY CHILD DO IF HE/SHE IS BEING BULLIED?

• Tell an adult

• Seek positive relationships

• Speak assertively

• Say “Stop It!”

• Say “Leave me alone!”

• Assertive posture

• Say “Whatever!”

• Be observant

Tell a friend

Use “I” messages

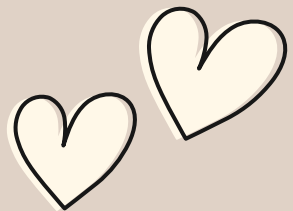
Be assertive

• Join a group

• Stay calm

• Walk away

Keep a safe distance



WHAT SHOULD MY CHILD DO IF THEY WITNESS BULLYING?

- Report bullying incidents they witness at school to an adult.
- Encourage others to report bullying incidents and help them report if they cannot do it alone.
- Support someone who has been hurt by offering kind words in private and helping them through the next steps.
- Teach your child not to join in while someone publicly humiliates, teases, or harasses another and do not participate in the gossip or rumors being spread.

WHAT CAN I DO TO HELP MY CHILD IF HE/SHE IS BULLYING OTHERS?

Understand their “why?”

- The child wants to fit in with a group of friends who are picking on one classmate.
- The child is getting bullied at home or at school, and is trying to regain a sense of power by acting aggressively toward others.
- The child is looking for attention from teachers, parents, or classmates, and hasn't been successful getting it other ways.
- The child is by nature more assertive and impulsive than her peers.
- The child has a tendency to perceive the behavior of other kids as hostile, even when it is not.
- The child does not fully grasp how her behavior is making the victim feel. This is particularly true of younger kids.

What can you do?

- Communicate
- Provide meaningful consequences
- Make it right
- Monitor the situation
- Look inward
- Seek Help
- Stay Connected

WHAT CONTRIBUTES TO BULLYING?

Several factors collectively contribute to bullying and other antisocial behaviors and may be found both in the home and in the school; these are:

A punitive environment

A lack of positive consequences and reinforcement

- Inconsistencies in the rules and the consequences for breaking them*

A lack of awareness of or responsiveness to individual differences


WHAT CAN FAMILIES DO?



- Don't act on emotion. Gather information first.
- Encourage your child to have a conversation with the teacher or adult at school (they may not be aware) before you intervene. Empower.
- Have conversations with your child about respect and that everyone is entitled to respect and that he/she does not deserve to be bullied.
- Work with the school staff to address a bullying problem whether as an advocate for the bully or the targeted student.
- Asking for a meeting -- follow the steps on how to report bullying (next slide).
- Teach the child to be assertive without striking out.



Steps to reporting Bullying:

- Child must tell an adult at school.
 - Child must tell parent/guardian at home.
 - Think about the situation: conflict or bullying?
 - Parent can share concern with child's teacher.
 - Determine together the situation: conflict or bullying?
 - Teacher addresses the concern and teacher will reach out to team for support in resolving situation.
- 

WHAT ARE WE DOING AT FISLER TO BE BULLY FREE?



- Positive Behavioral Interventions and Supports (PBIS) implemented school-wide
 - KSRR
- Bullying Prevention Week - October 18 - October 22nd
- Educating students/parents/staff about the difference between being bullied and having conflict.
- SEL Program implemented in the classroom by teachers throughout the school year
 - Second Step Curriculum

USEFUL RESOURCES

- Stop Bullying:

<https://www.stopbullying.gov/>

- Kids Health Online Resource Center:

<https://www.kidshealth.org/>

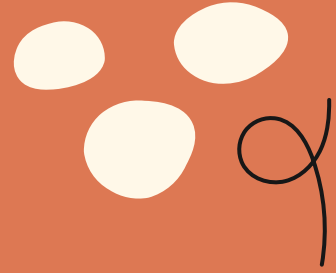
- PACER'S National Bullying Prevention Center:

<http://www.pacer.org/bullying/>

<http://www.pacerkidsagainstbullying.org/#/home>

- Child Mind Institute:

<https://childmind.org/>



**THANK YOU FOR
JOINING TODAY!**

