Bullying Information and Prevention Links

Key Elements of Bullying

- Imbalance of power- It can be physical, psychological or intellectual, and hinders the victim from defending himself or herself.
- Repeated- The negative actions usually (not always) occur repeatedly over a period of time.
- Intentional- Bullies purposefully choose actions that will hurt or intimidate the targeted victim.
- Unequal Levels of Affect- The victim will typically display a high level of emotional distress, while the bully will demonstrate very little emotion or anguish.

Normal Conflict vs. Bullying

<table>
<thead>
<tr>
<th>Normal Conflict</th>
<th>Bullying</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equal Power- friends</td>
<td>Imbalance of Power- not friends</td>
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<tr>
<td>Happens occasionally</td>
<td>Repeated negative actions</td>
</tr>
<tr>
<td>Accidental</td>
<td>Purposeful</td>
</tr>
<tr>
<td>Not serious</td>
<td>Serious- threat of physical harm or emotional or psychological hurt</td>
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<tr>
<td></td>
<td>Seeking power, control</td>
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<tr>
<td>Equal emotional reaction</td>
<td>Strong emotional reaction on the part of the victim</td>
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<tr>
<td></td>
<td>Trying to gain material things or power</td>
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<tr>
<td>Not seeking power or attention</td>
<td>No remorse- blames victim</td>
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<tr>
<td>Not trying to get something</td>
<td>No effort to solve the problem</td>
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<tr>
<td>Remorse- takes responsibility</td>
<td>Effort to solve the problem</td>
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Win! Win! (6 steps to resolve conflicts)

1. Take time to cool off.
2. Use “I Messages” to state feelings.
   - No blaming. No name calling. No interrupting
3. Each person states the problem as the other person sees it.
   - Each person says how they are responsible for the problem.
4. Brainstorm solutions together- choose a solution that satisfies both.
5. Affirm, forgive, or thank each other.

Tips for parents:

- Validate your child’s feelings. It is normal for your child to feel hurt, sad, and angry.
- Ask your child how he/she has tried to stop the bullying. Asking questions is a wonderful way to have your child do the thinking.
- Ask how he/she is going to solve this. We want the child to do the thinking before we jump in. See how many options he can come up with.
- Coach your child in alternatives. Ideally the best solution is having your child solve this without anyone interfering. Most of the time unfortunately, this isn't possible. Share these strategies: avoidance is often an excellent strategy, playing in a different place, play a different game, stay near a supervisor, look for new friends, join social activities outside of school.
- Encourage your child to report any bullying incidents to you.
• Encourage your child to seek help from the school counselor or administrator. If your child will not report the incident, contact the school administrator yourself to report and seek assistance.
• Do not ignore your child's reports. Ignoring them sends the wrong message.
• Do not confront the bully or the bullies' family.
• Teach self-respect.
• Give numerous positive comments to your child.
• Avoid labeling or name-calling.
• Let your child know it is okay to express their anger. There are positive and negative ways to express anger, we want to teach and model the positive ways.
• Let your children stand up to you now and then. It makes it more likely they will stand up to a bully.
• Stress the importance of body language.
• Teach your child to use 'I' statements.
• Teach positive self-talk.
• Teach how to use humor, 'out crazy' them. For example, if the bully says to Keith, "Hey, boy you're ugly." Keith can respond in a couple different ways:
  - "Thanks for sharing"
  - "Yes, I know, I always have been"
  - "Yes, today's lunch was disgusting" then walk away.

Parent Guide to the Anti-Bullying Bill of Rights: Click here to view

http://www.facebook.com/help/parents- Students must be 13 years of age or older to create a Facebook Account. If your child is under 13, parents have the right to request access to the account or to request the account be deleted.

http://www.olweus.org/public/bullied_child.page- Olweus Parent Prevention Program; lots of resources and tips for parents.

http://www.cyberbullyhelp.com- Cyberbullying information and assistance.

http://www.stopbullying.gov- Government website with lots of HIB resources for parents and students.

http://www.thetrevorproject.org- Suicide prevention and support for LGBTQ youth. HOTLINE: 1-866-488-7386