

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

Normal Conflict	Bullying
Equal Power- friends	Imbalance of Power- not friends
Happens occasionally	Repeated negative actions
Accidental	Purposeful
Not serious	Serious- threat of physical harm or emotional or psychological hurt
Equal emotional reaction	Strong emotional reaction on the part of the victim
Not seeking power or attention	Seeking power, control
Not trying to get something	Trying to gain material things or power
Remorse- takes responsibility	No remorse- blames victim
Effort to solve the problem	No effort to solve the problem

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

www.suicidepreventionlifeline.org- National Suicide Prevention information. HOTLINE: 1-800-273-8255.