



Bullying 101:
A Guide for
Parents

Hello!

I am Sarah Barbour

I am here because I love to
help students and families
reach their personal goals

You can find me at

@SarahSBarbour





What
is
Bullying?

How can I
support my
child?

Socializing in
the Digital
Age.



Bullying vs. Conflict

Conflict

- Disagreement between equals
- Emotions may run high
- Intent is to influence the outcome

Mediation efforts
allowing dialogue
for those involved
to seek a
resolution.

Bullying

- Aggression leveraged by a power imbalance
- Distress, Fear or Terror
- Intent is to cause harm



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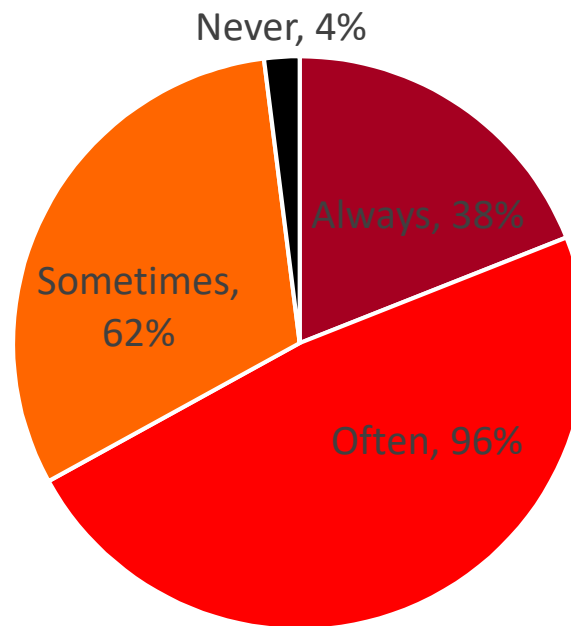
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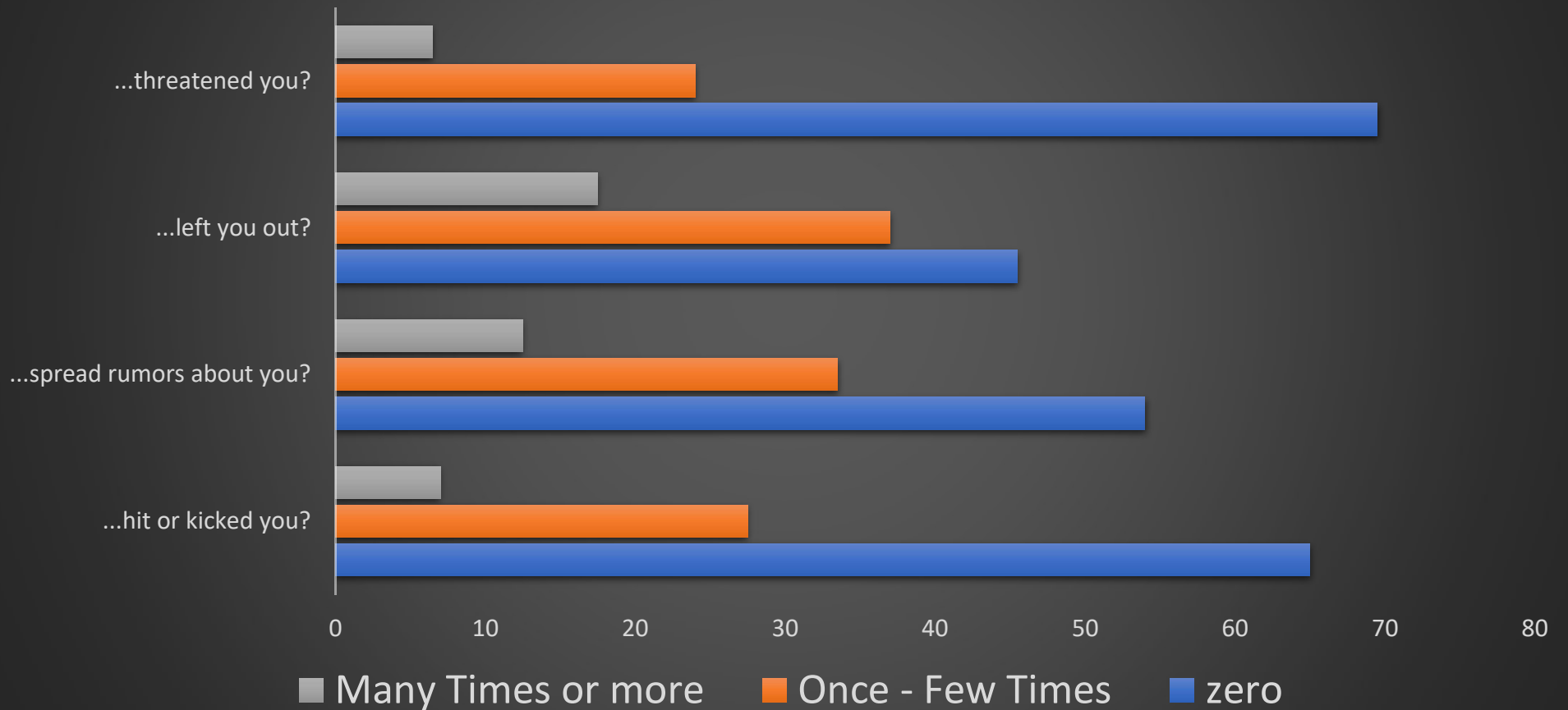
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What our kids say...

Students treat each other well.



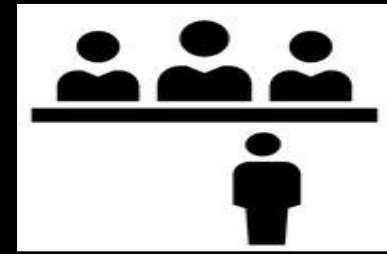
How often in the past couple of months have older, bigger, more popular, or more powerful kids...



Common Forms of Bullying.



Physical



Social



Cyber



Verbal



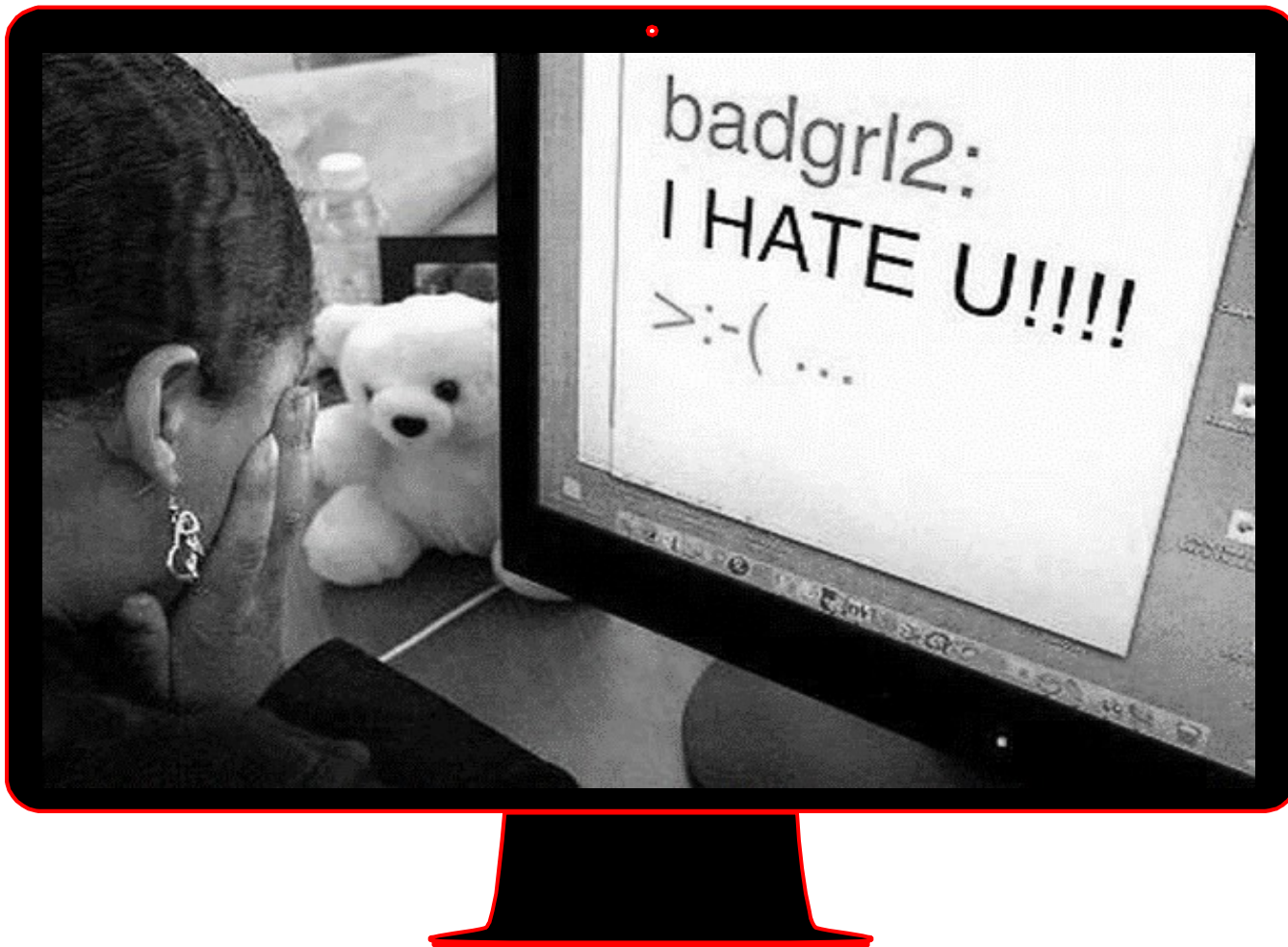
Imbalance of
Power.



Physical: hurting a person's body or personal items.

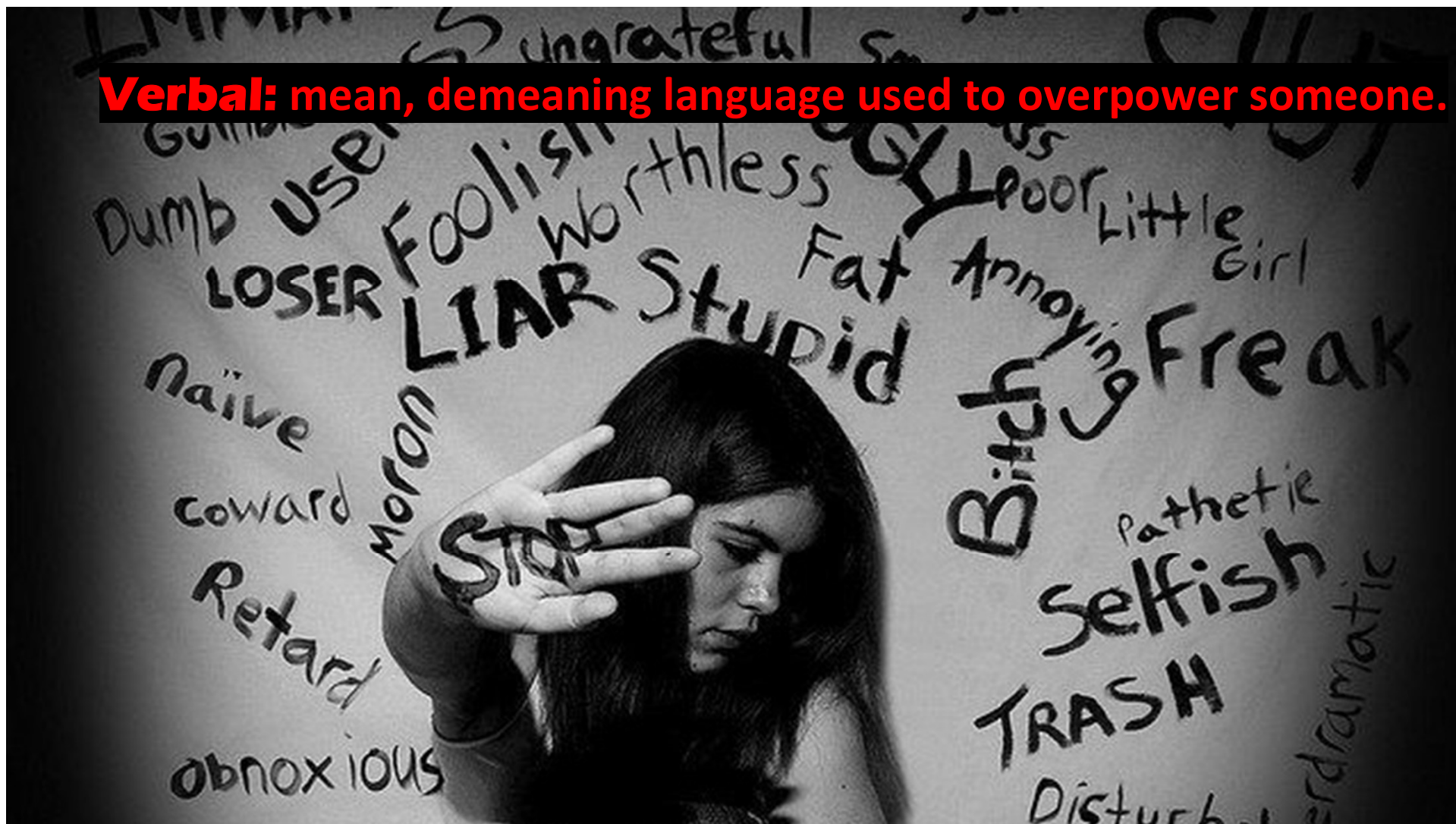


Social: hurting someone's reputation or relationships..



Cyber
Threatening,
harrassing,
or
humiliating
someone
through the
use of
technology.

Verbal: mean, demeaning language used to overpower someone.





53%



Prevent, Monitor, Respond

Establish your expectations for online socializing.

Model appropriate technology usage.

Utilize an “Tech Contract”

Educate Yourself

“Enjoy screens. Not too much. Mostly together.”

-Anya Kamenetz

*“My child is being
bullied
(or is bullying) at
school.*

What can I do???”



If the situation is **bullying (not conflict).**

Start with sharing facts with the adult in charge at the time its happening (usually classroom teacher).

Request an update as to the resolution reached.

If situation continues, share facts with the adult in charge + administration.

Encourage your child to share any future problems with the adults before they go home for the day and with you before bedtime.

What NOT to do...

- 1. Encourage your child to retaliate.**
- 2. Approach the child who is bullying.**
- 3. Give up because no one is listening.**

If the situation is **conflict** (not bullying).

Start with helping your child identify **their contribution**.

Help them identify **a plan** to resolve the issue. *(ignoring is rarely a good plan)*

Check in with your child and ask for an update on the plan.

If the issue continues, share facts with **classroom teacher** & possibly **counselor**.

“My child is a target for bullies but everytime I ask him about it he won't talk to me.”

or

“My child's school called and told me she was bullying a classmate. I am shocked. How do I help her understand how bad this is?”

Empowerment Listening

Stay calm with your words and body language.

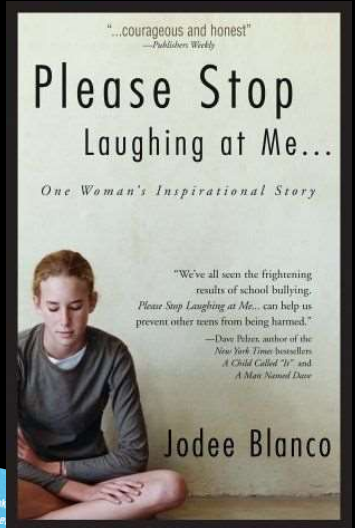
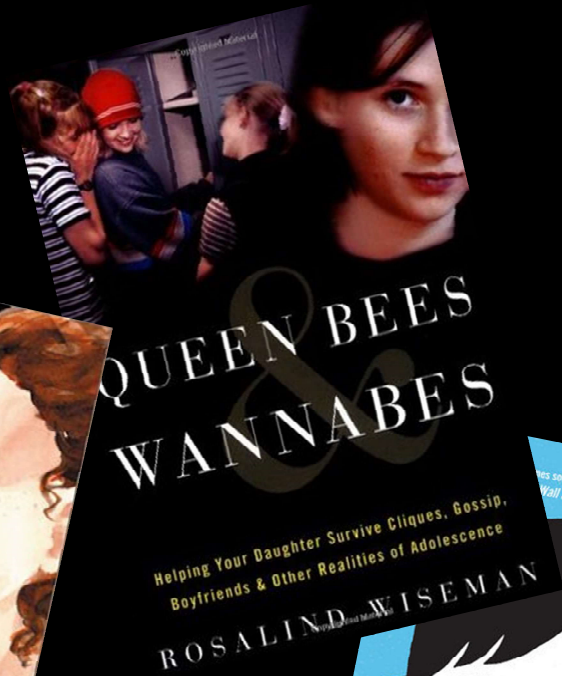
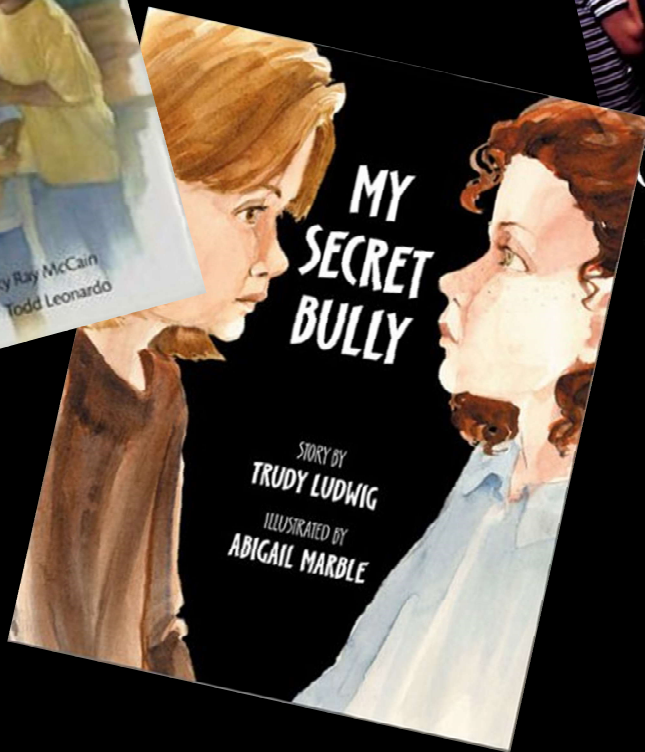
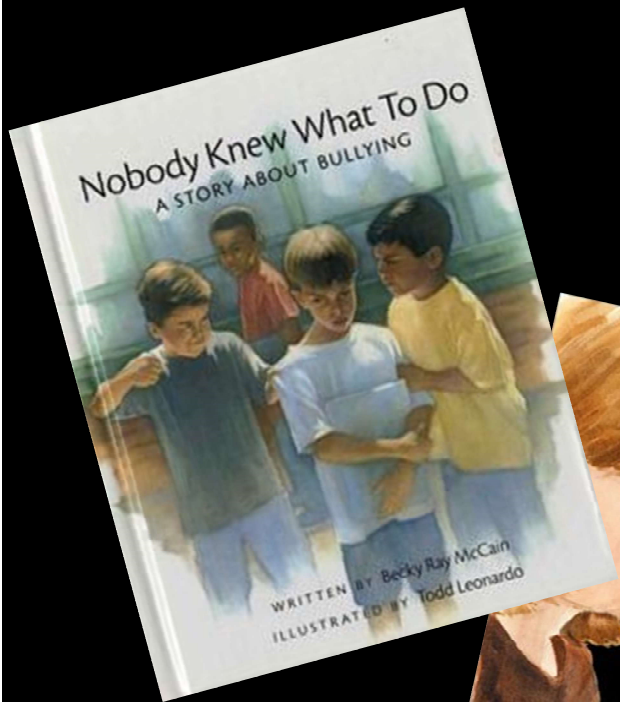
Ask Open-Ended Questions.

Paraphrase what you heard.

Help your child identify their feelings.

Make a clear statement assigning responsibility to the child who is doing the bullying.

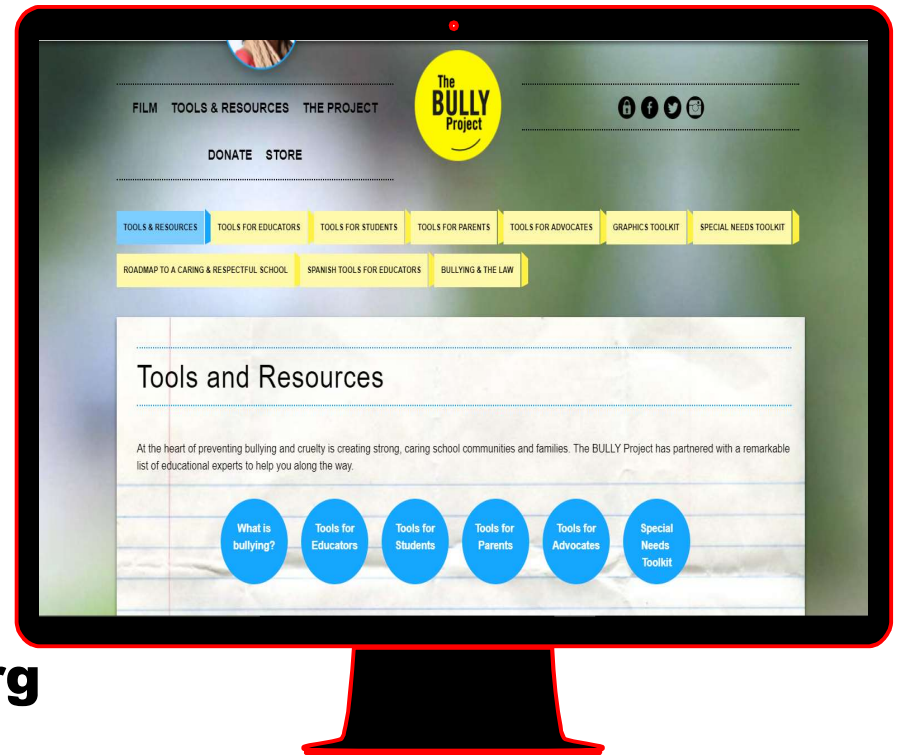






www.pacerkidsagainstbullying.org

www.thebullyproject.com



What questions can I help you answer?

