

FORCES AGAINST CHILD ENDANGERMENT

2016 Bullying/Self-esteem

Vol. 6 Issue 1



National Child Abuse Prevention Month

April is National Child Abuse Prevention Month. Forces Against Child Endangerment (FACE) would like to take this time to advise families on a few warning signs of abusive behavior:

- Act(s) between an adult and a minor or between two minors when one exerts power over the other.
- When someone prefers to spend time with younger children rather than peers.
- Insisting on physical contact with a child even when that child resists, such as tickling, holding and kissing.

There are several types of child abuse, but the core element that ties them together is the emotional effect on the child. Children need predictability, structure, clear boundaries, and the knowledge that their parents are looking out for their safety. Abused children cannot predict how their parents will act. Their world is an unpredictable, frightening place with no rules. Whether the abuse is a slap, a harsh comment, stony silence, or not knowing if there will be dinner on the table tonight, the end result is a child that feel unsafe, uncared for, and alone.

FACE organization ask that you take this time to reflect on how you can; help promote the social and emotional well being of children and families in your communities.

Bullying consists of three basic types of abuse - *emotional*, *verbal* and *physical*. It typically involves subtle methods of coercion such as intimidation. Bullying behavior may include verbal and/or written name calling and abuse. Bullying may involve a great deal of physical aggression, such as shoving, pinching, punching, kicking, poking, throwing, slapping, pulling, scratching and exclusion from activities and social events. Studies have shown that envy and resentment may be motives for bullying. Kids, who bully, often use bullying as a tool to conceal shame and anxiety. Bullies often use tactics to boost their self-esteem by: demeaning others, to make themselves feel empowered.

Cyber bullying is defined as a young person tormenting, threatening, harassing, or embarrassing another young person using the Internet or other technologies, like cell phones. The psychological and emotional outcomes of cyber bullying are similar to those of real-life bullying. The difference is, real-life bullying often ends when school ends. For cyber bullying, there is no escape. And, it's getting worse.

1. Nearly 43% of kids have been bullied online.
2. 1 in 4 has had it happen more than once.
3. 70% of students report seeing frequent bullying online.
4. Over 80% of teens use a cell phone regularly, making it the most common medium for cyber bullying.
5. 68% of teens agree it is a serious problem.
6. 81% of young people think bullying online is easier to get away with than bullying in person.
7. 90% of teens who have seen social-media bullying say they have ignored it. 84% have seen others tell cyber bullies to stop.
8. Only 1 in 10 victims will inform a parent/ trusted adult of their abuse.
9. Girls are about twice as likely as boys to be victims and perpetrators of cyber bullying.
10. More than 4 out 10 say it has happened more than once.
11. About 75% have visited a website bashing another student.
12. Bullying victims are 2 to 9 times more likely to consider suicide

Sources: [Stop Cyber Bullying](#), [Internet Safety 101](#), [Stomp Out Bullying](#), [End Cyber Bullying](#)

F.A.C.E. mission is to educate, prevent and increase awareness of child abuse and neglect within our community.

F.A.C.E. is a 501 c 3 organization, your donations are tax deductible.

Your donation makes a difference. Donate today: P.O. Box 2922, Suwanee, GA 30024

FORCES AGAINST CHILD ENDANGERMENT

Self-esteem: How to Help Children & Teens Develop a Positive Self-image

Parents, be generous with praise. Self-esteem is a major key to success in life. The development of a positive self-concept or healthy self-esteem is extremely important to the happiness and success of children and teenagers. Self-esteem is how we feel about ourselves, and our behavior clearly reflects those feelings. For example, a child or teen with high self-esteem will be able to:

1. Act independently
2. Assume responsibility
3. Take pride in his accomplishments
4. Tolerate frustration
5. Attempt new tasks and challenges
6. Handle positive and negative emotions
7. Offer assistance to others

On the other hand, a child with low self-esteem will:

1. Avoid trying new things
2. Feel unloved and unwanted
3. Blame others for his own shortcomings
4. Feel, or pretend to feel, emotionally indifferent
5. Be unable to tolerate a normal level of frustration
6. Put down his own talents and abilities
7. Be easily influenced

Parents, more than anyone else can promote their child's self-esteem. It isn't a particularly difficult thing to do. In fact, most parents do it without even realizing that their words and actions have a great impact on how their child or teenager feels about himself or herself.

Resources: www.stopbullying.gov/
www.wikipedia.org www.education.com
www.childwelfare.com;
www.helpguide.org



How Parents Can Help Prevent Bullying

- **Be a Good Example:** Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.
- **Talk with and listen to your kids every day:** Research shows that approximately half the children who have been bullied never tell their parents about it. Children are often too ashamed of themselves to tell anyone; sometimes they feel that no one can help, not even their parents.
- **Learn the signs.** If you suspect that your child might be bullied, talk with your child's teacher or find ways to observe his or her peer interactions to determine whether or not your suspicions might be correct.
- **Help your child's school address bullying effectively.** Whether your children have been bullied or not, you should know what their school is doing to address bullying. Research shows that "zero-tolerance" policies aren't effective. What works better are ongoing educational programs that help create a healthy social climate in the school.
- **Adults (teachers and parent volunteers) in the classroom should be aware of class social structures.** Which children typically affiliate together? Which children are leaders and socially influential? Which children are socially marginalized? Purposeful pairing and grouping children so that children who bully and those who are victims can work together helps to prevent bullying outside the classroom.

FORCES AGAINST CHILD ENDANGERMENT (F.A.C.E.)

F.A.C.E. mission is to educate, prevent and increase awareness of child abuse and neglect within our community.

Programs/Services:

- *Early childhood prevention education
- *Newsletters and other written material
- *Referrals to counseling services

You can donate to help: F.A.C.E. P.O. Box 2922, Suwanee, GA, 30024