



Parents as Partners – Bullying Awareness & Prevention

Feb. 27th, 2013

Goals for the Session:

- Understand the differences between Conflict & Bullying
- Recognize signs & strategies when it comes to your child and bullying
- Provide a very basic introduction to cyber bullying

Bullying vs. Conflict:

CONFLICT is...

- a disagreement or a difference of opinion between peers who typically have equal or close to equal power in relationships
- may escalate into a heated exchange, but is typically a one-time or short-time occurrence

BULLYING is...

- differs greatly from conflict as a confirmed incident of bullying will contain one or more of these specific elements:
 - imbalance of power
 - intention to harm
 - feeling of distress from the victim
 - repeated incidents over time

Signs of Bullying:

"Bullying is a covert behaviour and is usually hidden from adults."

Some Potential Signs of Bullying:

- Afraid to go to school or other activities
- Appear anxious or fearful
- Low self-esteem and make negative comments
- Complain of feeling unwell
- Low interest
- Lose things, need money, report being hungry
- Injuries, bruising, damaged clothing or articles
- Appear unhappy, irritable
- Trouble sleeping, nightmares
- Threats to hurt themselves or others
- May appear isolated from the peer group

Some Potential Signs that your Child may be Bullying Others:

- Aggressive with parents/siblings/pets/friends
- Low concern for others' feelings
- Bossy and manipulative behaviour
- Unexplained objects or money
- Secretive about possessions and activities
- Holds a positive view of aggression
- Easily frustrated and quick to anger
- Doesn't recognize impact of his/her behaviour
- Has friends who bully and are aggressive
- Child has trouble standing up to peer pressure

**"Ultimately we should be looking for CHANGES IN BASELINE BEHAVIOUR.
If there are changes, it simply warrants further investigation."**



Proactive Strategies:

- Encourage child to report
- Ensure your child knows you won't overreact
- Model positive behaviour and look for those "teachable moments"
- Be careful how you talk to or ask your child about bullying...

It is important to ask the "RIGHT" questions...

Make sure you have the time

Use open-ended questions

"What did you like the most about your day?"
"What was the most frustrating part of your day?"

Avoid using the "B" word

Let your child do the talking

"Tell me more about..."

Reactive Strategies:

- Give yourself time to process your emotions (avoid overreacting)
- Reassure, listen & respond caringly
- Dig Deeper
- Is it conflict or bullying?
- Keep a record
- Inform the school and make a plan together
- Follow up on the plan with your child



Cyber-Bullying Strategies:

How it's different:

- Involves a whole new language
- Can be far-reaching & 24/7
- Can be more cruel
- Can look anonymous
- Often involves a large audience
- Is ever-changing/evolving!

Proactive Strategies:

- Keep computers in a shared space
- Limit use late at night
- Learn what your child does online
- Know all passwords
- Co-construct rules & expectations
- Encourage open communication

Reactive Strategies:

- Listen and be supportive
- Communicate calmly with parents of cyber-bully (if known)
- Save all evidence and logoff
- Report the incident to school and/or authorities

Other Resources?

Check out the various resources we've compiled for parents on our NGE website. Click on the main "Parents" tab and then on the "Anti-Bullying Resources" icon or simply enter in:

<http://www.nge.sd23.bc.ca/Parents/anti-bullyingresources/Pages/default.aspx>

