

This presentation about bullying will help the parents and families at your school understand more about what bullying is, what it isn't, and what they can do to help their kids stand up to bullying!

### What Is Bullying?

Bullying is something that is:

- Hurtful
- On Purpose
- Repeated
- One-sided

In order for it to be bullying, it must meet all of the following criteria:

### Is It Bullying - Example 1

Q: Your child came home from school and told you that someone in her class made fun of her shoes. Is this bullying?



### The Types Of Bullying

Bullying is not just physical! Other types of bullying include...

### Teach your children to stand up to bullying!

If your child witnesses bullying, encourage him/her to...

- Tell an adult

### The Effects Of Bullying

- Bullying can have adverse affects on everyone involved – those who bully, those who are bullied, and bystanders.
- Children involved in bullying are:
  - More likely to have mental and physical health complaints.
  - More likely to struggle academically
  - More likely to engage in risky behavior such as alcohol use, drug use and even violence.

So... What can we do?



**INCLUDES A POWERPOINT PRESENTATION THAT ALSO COMES IN AN EDITABLE FORMAT!**

# THIS DOWNLOAD ALSO INCLUDES A SIGN IN SHEET, A TRUE/FALSE QUIZ, AND 4 ADDITIONAL PARENT RESOURCE HANDOUTS.

## GET YOUR KIDS TALKING!

### GENERAL QUESTIONS:

Use these questions to get your kids to open up and to foster a trusting relationship.

- What was your favorite part of today?
- If you could go back and change one thing, what would you change?
- Who is your best friend?
- Tell me about your dream vacation.
- Tell me about your favorite holiday. Why?
- What is your favorite memory from your childhood?
- What is your favorite thing about your school?
- What is one thing you want to get better at?
- Tell me about a time when you have felt proud.
- What is the best gift you have ever received?
- If you could have any super power, what would it be?

### BULLYING RELATED QUESTIONS:

- What does the word "bullying" mean to you?
- Have you ever seen bullying? If so, tell me about it.
- Who can you talk to if you see or experience bullying?
- Who can you talk to if you see or experience bullying?
- If you see or experience bullying, do you know what to do?
- If you see or experience bullying, is it your fault and/or others? Why or why not?
- What can you do to help put an end to bullying?
- Is there anything I can do to help you if you are being bullied?
- Tell me about a time when someone was kind to you. How did it make you feel?
- What is one thing you can do today to be a better person?

## ADDITIONAL BULLYING RESOURCES

### BOOKS FOR PARENTS:

- 8 Keys to End Bullying: Strategies for Parents & Schools By Signe Whitson

## STRATEGIES TO STAND UP TO BULLYING

1. Tell an adult
  - Never keep quiet about bullying! It is important that adults know what is happening so they can help you deal with the situation.
2. Tell the other person to stop
  - Be assertive - calmly and directly tell the other person to stop.
3. Walk away or ignore it
  - By not responding to what the other person is doing or saying, you take away the power that the person has.
4. Don't laugh or join in
  - Laughing or joining in sends the message that what they are doing is okay. If the person gets a positive reaction, they may be more likely to continue the behavior.
5. Tell the other person how you feel
  - There is a chance that the other person doesn't understand how their actions are affecting you. Make sure they know that what they are doing or saying is hurtful.
6. Stay calm
  - Sometimes people do hurtful things because they want to see you upset. By staying calm, you are showing them that they don't have power over you. It's also very important that you don't bully back!
7. Be a friend
  - If you see someone who is being picked on or excluded, reach out to them. A little kindness can go a long way!
8. Be kind
  - One great way to stand up to bullying is by trying to create a culture of kindness and empathy. A little kindness goes a long way and really does have the power to change lives!

## IS IT BULLYING? CHART

### IT'S MEAN IF IT'S:

### IT'S BULLYING IF IT'S:

- Repeated
- Intentional
- Hurtful
- One-Sided

### IT'S CONFLICT IF IT'S:

- One time or occasional
- Not planned
- Hurtful
- Both parties are involved

## HOW MUCH DO YOU KNOW ABOUT BULLYING?

Before we begin, take a minute to answer these questions about bullying. Throughout the presentation, we will review the answers.

1. **TRUE OR FALSE** - Bullying is done by a person/group who is more powerful in some way than the other person/group.
2. **TRUE OR FALSE** - Bullying is done on purpose.
3. **TRUE OR FALSE** - Even if something only happens one time, it is still considered bullying.
4. **TRUE OR FALSE** - Bullying and conflict are different things.
5. **TRUE OR FALSE** - Physical bullying is the only type of bullying.
6. **TRUE OR FALSE** - Bullying should be taken seriously by everyone involved.
7. **TRUE OR FALSE** - Bullying only affects those who are getting bullied.
8. **TRUE OR FALSE** - The best way to stand up to bullying is by bullying back.
9. **TRUE OR FALSE** - If your child sees bullying happening, they should join in so they don't become the next target.
10. **TRUE OR FALSE** - You don't need to talk to your children about bullying because it's better if they just don't know about it.

### NOTES:

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