

EVERYONE'S RESPONSIBILITY



Utah
Parent
Center

Bringing Hope.
Opening Doors.
Elevating Inclusion.

BULLYING PREVENTION

What Parents Can Do


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AGENDA

- Dynamics of Bullying
- What Parents Can Do
- Action Steps for Parents
- Actions Steps for Parents and Child
- Parents of Children with Disabilities
- Want to Help?

The Dynamics of Bullying

- Bullying Defined
- Common Views
- Who Bullies?
- Who is Targeted by Bullying?





Defining Bullying Behavior

Basic Guideline:

Let the child know that if the behavior hurts or harms them, either emotionally or physically, and if they have a hard time defending themselves, it's bullying.

1

Conflict: Children self-monitor their behavior and generally stop when they realize they are hurting someone.

2

Bullying: Children continue their behavior when they realize it is hurting someone, and are satisfied by a feeling of power and control.



The Impact of Bullying

Three Areas of Concern to Parents and Others:

- 1. Education – School avoidance and loss of academic achievement
- 2. Health – Physical and emotional
- 3. Safety – Harm to self and others



TYPES OF BULLYING



Verbal Bullying

- Verbal bullying is:
- The most common type of bullying
 - The easiest to inflict on other children
 - Quick and direct

Physical Bullying

Physical bullying is usually the easiest type to recognize, since it is the most visible behavior.



Social/Emotional Bullying

Social/Emotional Bullying is the most sophisticated of all types of bullying. It is generally very calculated and often done in groups.



Sexual Bullying

Sexual bullying is often the most difficult for children to report or discuss.





Cyberbullying

Cyber bullying is the use of technology to harass, hurt, embarrass, humiliate or intimidate.



Common Views & Myths

- Bullying is a natural part of childhood.
- Words will never hurt you.
- Some people deserve to be bullied.
- Bullying will make kids tougher.
- Telling a teacher about bullying is "tattling."
- It's only teasing.

Who Bullies & Why

- 1 Students who bully can be any size, age, or gender.
- 2 The common element is their behavior.
- 3 Most commonly, children who bully seek to demonstrate power and want to feel in control.

Who is Targeted by Bullying?

- There is no "typical profile" of someone who might be subjected to bullying.
- There are some common characteristics among children who are targets of this behavior.



Warning Signs

- ☐ Depression
- ☐ Increased aggression
- ☐ Decrease in grades
- ☐ Lack of interest in social activities
- ☐ Change in weight
- ☐ Faking illness
- ☐ Drastic makeover attempts
- ☐ Reactive bullying



Children with Disabilities & Bullying
The reality is that children with disabilities are significantly more likely to be bullied than their nondisabled peers.



What Can Parents Do?

- Know the Laws
- Bullying As a Civil Rights Issue
- Talk with Your Child
- Encourage Self-Advocacy
- Steps to Report Bullying
- Take Action if Your Child is the Bully



Know the Laws

- Status of state legislation is on StopBullying.gov
- Laws vary by state
- There is federal legislation as well



Talk with Your Child

Only about 20 to 30% of students who are bullied notify adults about the bullying.

Prepare Yourself

When parents discover their child is being bullied, they may feel a variety of emotions including: disbelief, fear, bewilderment, guilt, anger and helplessness.



Reactions to Avoid

- Telling your child to ignore and avoid the bully
- Telling them to take matters into their own hands in an aggressive way



Stop Bullying on the Spot

- Quick Action from Adults
- Consistency from Adults
- Discuss it with kids
- Nurture a safe environment
- Have a prevention strategy

Stopbullying.gov





Bystanders & Upstanders

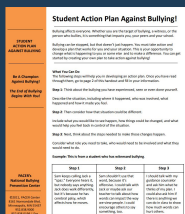
If you are there, what role do you play?

Encourage Self-Advocacy Strategies

- Report the situation
 - To a parent or guardian
 - To a trusted adult at school
- Ask the bully to stop
- Move away from the situation
- Create a plan for the future



Encourage Self-Advocacy Student Action Plan



A printed booklet for parents to use with their child, to help them think through potential steps to take in a bullying situation

bullying411@pacercenter.org

Steps to Report Bullying

- 1.Document the Incident
- 2.Work with the School
- 3.Follow the Chain of Command



Document the Incident

- Written information about the bullying incidents
- Date of the event
- Persons involved
- Child's account of the event

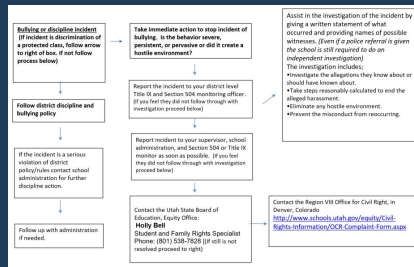


Work with the School

It is important for parents to notify the teacher, school administrator and all members working with you on your team each time your child reports being bullied.



Follow the Chain of Command



Using the IEP

The Individualized Education Program (IEP) team, which includes the parent, can identify strategies that could be written into the IEP to help stop the bullying.

It may be helpful to involve the child, when appropriate, in the decision-making process, since this can improve the likelihood of the student meeting the IEP goals.

HELP! My Child is the Bully

Remember...

- Bullying is a behavior, not a characteristic
- Bullies are sometimes suffering just as much as the victim
- Bullies need to be dealt with using compassion and concern
- Bullies need be taught what they SHOULD do



TAKE ACTION

1. Talk with your child.
2. Consider if the behavior is disability-related.
3. Teach empathy, respect, and compassion.
4. Make your expectations clear.
5. Provide clear, consistent consequences for bullying.
6. Teach by example.
7. Role play.
8. Provide positive feedback.
9. Be realistic.



Resources

1. Stopbullying.gov

2. Kids against bullying

<http://www.pacerkidsagainstbullying.org/kab/>

3. Teens against bullying

<http://www.pacerteensagainstbullying.org/tab/>

4. <http://www.utahparentcenter.org/resources/bullying/>