AGENDA

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

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

Basic Guidelines:
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.

Defining Bullying Behavior

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.
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

The Impact of Bullying

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

Who is Targeted by Bullying?

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

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

Warning Signs

- Depression
- Increased aggression
- Decrease in grades
- Lack of interest in social activities
- Change in weight
- Faking illness
- Dramatic makeover attempts
- Reactive bullying
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.
When parents discover their child is being bullied, they may feel a variety of emotions including: disbelief, fear, bewilderment, guilt, anger and helplessness.

Prepare Yourself

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

Reactions to Avoid

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

Stop Bullying on the Spot

Stopbullying.gov
If you are there, what role do you play?

Bystanders & Upstanders

• 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 Strategies

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

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.

Using the IEP

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HELP! My Child is the Bully

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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 to 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.

Resources

1. Stopbullying.gov
2. Kids against bullying
   http://www.pacerkidsagainstbullying.org/kab/
3. Teens against bullying
   http://www.pacerteensagainstbullying.org/tab/
It's Everyone's Responsibility

Bullying Prevention