

Lesson 3: Bullying

Parent/Guardian Instructions:

- Review the bullying/fighting materials with your child (ren).
- Teach your child (ren) how to handle a bully.
- Identify signs of bullying.

Lesson Discussion:

Today, bullying can happen anywhere at anytime, during lunchtime on the school playgrounds, walking home from school, and now in cyberspace. Children today have no escape from bullying. With advances in technology such as cell phones, instant messaging and text messaging the “bully’s message” is more widespread today than ever was before. Since bullying is so difficult to escape, now is the time to talk with your child (ren) about how to handle a bully if faced with one:

- Stay calm and alert. Consider the options and don’t do anything that will escalate the situation.
- Walk away. Fighting isn’t worth it. You do not have to prove yourself by fighting.
- Take a non-violent stand by trying to talk it out.
- Report it to authorities, but discuss with them how you will be protected from retaliation.
- Get away. Find safety or call for help.
- If you see someone being picked on, be a friend and walk away from the bully together.
- If you have a friend who bullies, take a stand and tell your friend to stop.
- If you know someone that gets picked on, ask the kid to play with you.
- Get your friends to come with you when you help when someone is being bullied.
- Physical or mental signs that may lead to bullying include kicking, hitting, pinching, punching, threatening, teasing, calling names, leaving someone out, and/or spreading rumors.

What if you suspect your child is the “bully”? Here are some signs that your child is picking on others:

- Warning signs of bullying tendencies include selfishness, lack of empathy, dominates others or refuses to accept responsibility.
- Has friends that influence his/her bullying behaviors.
- You receive calls from school or other parent/guardians.

Bully Prevention:

- Ways to prevent bullying are talking to your child, other parent/guardians, and teachers about what is going on.
- Teach your child that physical and emotional abuse is never acceptable.
- The more interaction and interest you have in your child’s daily routines, the better you can prevent at risk behavior.

Parent/Guardian and Child (ren) Activity:

- Roll play bullying behaviors and solutions with your child (ren).
- Talk to your child (ren) about the types of bullying and what to do if it is happening to them.
- Complete the 5 Ways to Handle a Bully activity at the end of this lesson.