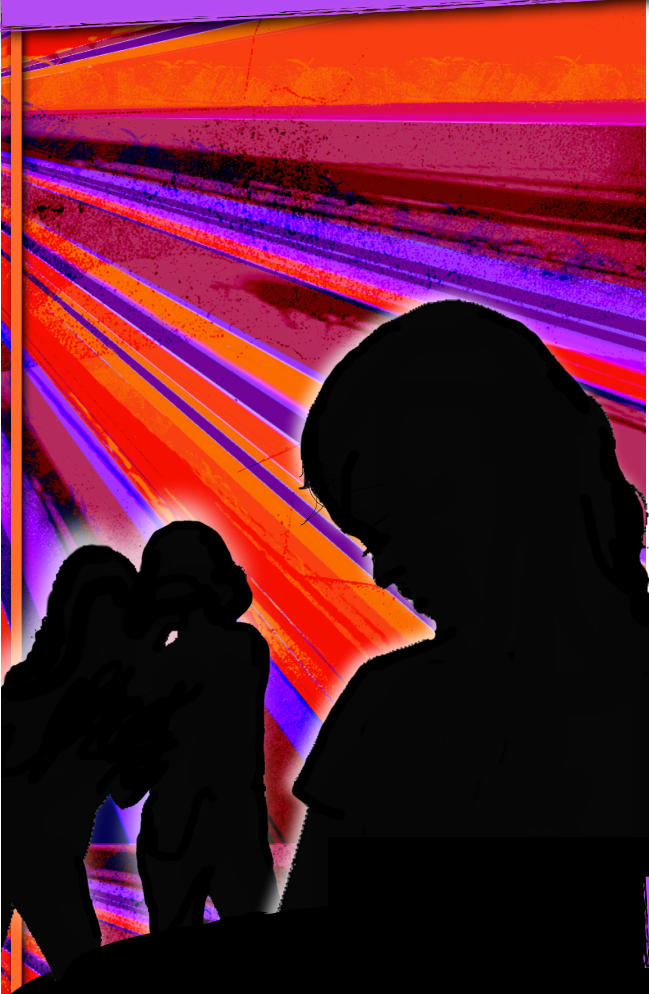


PARENT EDITION: BULLYING



IN THIS EDITION

- What is Bullying?
- What does it look like?
- Consequences of Bullying
- Response Options
- Remind your child of their Resources
- Tools

BULLYING IS ALL ABOUT **POWER!**

Your son or daughter can exercise negative power on others by hurting others in many different ways, or they can exercise positive power by standing up for those being bullied and take away the power of bullies.

Note: It is important your son or daughter tell you and/or a school administrator (e.g., teacher, counselor, or principal) when they know of someone who is getting bullied.

However, we want them to know that THEY can have a great impact as well. THEY have power too. The greatest change starts with THEM!

WHAT IS BULLYING ?

Definition: unwanted, aggressive behavior that involves a real or perceived power imbalance.

WHAT DOES BULLYING LOOK LIKE?

DIFFERENT FORMS OF BULLYING:

- Exclusion: being ignored, left out on purpose, or not allowed to join in.
- Physical: being hit, kicked, or pushed around.
- Lies or rumors: lies or nasty stories are told about someone to make other kids not like them.
- Threats: being made afraid of getting hurt.
- Verbal abuse and teasing: being made fun of and teased in a mean and hurtful way.
- Cyber bullying: when someone uses technology (internet, cell phones, etc.) to torment, threaten, harass, embarrass, humiliate, or target someone else.

These forms of bullying can happen at the same time, and are all equally dangerous as well as punishable by law.

CONSEQUENCES OF BULLYING:

LEGAL CONSEQUENCES:

- **Bullying is a CRIME!**
- **Assault:** when a person intentionally, knowingly, or recklessly causes bodily injury to another, threatens another, or causes offensive or provocative physical contact with another.
- **Terroristic threat:** when a person threatens to commit any offense involving violence to any person or property.
- **Harassment:** when a person commits an offense with the intent to harass, annoy, alarm, abuse, torment, or embarrass another
- **Party language:** it is ALSO a crime to aid, promote, assist, and/or encourage bullying.

LONG TERM CONSEQUENCES:

- Frequent bullying over a long time can have serious consequences on a person.
- Many incidences of bullying have led to more extreme and violent, sometimes even fatal, incidents, such as stabbings, shootings, suicides, homicides, and beatings; and the numbers continue to increase.
- 75% of school shooters reported having experienced bullying in the past.
- Suicide is the third leading cause of death among young people, resulting in about 4,400 deaths per year.
- For every suicide among young people there are at least 100 attempts.
- Over 14% of high school students have considered suicide and almost 7% have attempted it.
- According to recent gay bullying statistics, LGBTQ teens are two to three times as more likely to commit teen suicide than other youths.
- About 30 % of all completed suicides have been related to sexual identity crisis.

RESPONSE OPTIONS:

IF YOUR SON OR DAUGHTER IS WITNESSING BULLYING:

- **Positive response:** tell them to do something about it, to stop the bully, or get an authority/help
- **Neutral response:** tell them to walk away, and not encourage the bully
- **Negative response:** tell them to start getting violent/involved, encourage the bully, or just stand there

IF YOUR SON OR DAUGHTER IS BEING BULLIED:

- **Positive response:** tell them to walk away and tell an authority (teacher, principle, parent, adult)
- **Negative response:** tell them to exercise violence in return or retaliate (come back later to get someone back)

IF YOUR SON OR DAUGHTER IS EXPERIENCING CYBER BULLYING:

- Tell them to tell a trusted adult about the bullying, and keep telling, until action is taken.
- Tell them NOT to open or read messages from cyber bullies.
- Tell them to tell a teacher or administrator at their school if it is school related.
- Tell them NOT to erase the messages – they may be needed as evidence to take action.
- Tell them to protect themselves: never agree to meet face to face with anyone they meet online.
- Tell them if they are bullied through chat or instant message, the “bully” can often be blocked.
- Tell them if they are threatened with harm to inform the local police.

THINGS YOUR SON OR DAUGHTER CAN DO AS A FRIEND OF SOMEONE WHO IS EXPERIENCING BULLYING:

- Tell them that if they know their friend is being bullied, they have the POWER to tell someone and to stand up for them.
- Tell them if they know their friend is thinking about suicide here are some steps they can take to help them out:
 - ◆ Listen
 - ◆ Don’ t be afraid to talk about suicide
 - ◆ Accept their friend’ s feelings
 - ◆ Ask their friend if they have a suicide plan
 - ◆ Remove dangerous objects
 - ◆ Tell a trusted adult
 - ◆ Support their friend
 - ◆ Make them understand that suicide is FINAL
 - ◆ DO NOT leave a person whom you feel is at “high risk” for suicide alone

IF YOUR SON OR DAUGHTER IS BULLYING:

- Maintain an open mind that your child might be engaging in this behavior.
- Carefully assess the situation by gathering ALL available information from school officials and your son or daughter.
- If your child is engaging in this conduct, talk with your child about his or her reasons for their behavior, and determine what other factors contribute to their behavior.
- Help your son or daughter understand the long-term personal and legal consequences to their behavior.

REMINDE YOUR SON OR DAUGHTER OF THEIR RESOURCES:

INSIDE SCHOOL:

- Teachers
- Counselors
- Principals

OUTSIDE SCHOOL:

- Parent
- Police officer
- Coach
- Mentor
- Pastor
- Relate Right SA staff

TOOLS:

RELATE RIGHT SA'S EMAIL: RelateRightSA@live.com

WEBPAGE: <http://www.relaterightsa.weebly.com>

LAWS ON BULLYING: <http://www.stopbullying.gov/laws/index.html>

LEARN MORE – GET INVOLVED: www.stompoutbullying.org

REMIND YOUR SON OR DAUGHTER:

- To TELL someone! To DO something! To stay OUT OF TROUBLE!
- That THEY have POWER!
- They are the greatest influence and can make the greatest difference among their peers!
- Change starts with THEM!

Notes:
