

Helping Kids Understand, Prevent, and Manage Bullying

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What is Bullying?

- * Aggressive behavior that is repeated over time
- * Teasing, insulting, or negative behavior that causes sadness, embarrassment, or fear
- * Can take many forms
 - * Physical
 - * Emotional/Relational
 - * Verbal
 - * Cyber

Is all teasing bullying?

- *Friendly teasing
- *Just not thinking
- *Just being
- *Bullying

Friendly Teasing

- * Someone is trying to joke *with* you
 - * They want to have a good time
 - * They don't want to hurt your feelings
 - * They are usually friendly towards you
 - * They will stop if you ask them to

Just Not Thinking

- * Someone is just not thinking about you
 - * They might be paying attention to something else
 - * They might be having a bad day
 - * They might not realize something is bothering you

Just Being

- * Someone is just being a kid and doing what their supposed to do
 - * They might be cheering for their teammates
 - * They might be standing where they are supposed to or doing what their supposed to do (and it might not be what you want them to do)

Intention... the key to bullying

- * **Bullies try to hurt people using lots of different ways.**
- * **You know someone is being a bully if they are trying to hurt you, make you feel bad, or make you scared.**

If you are being bullied...

- * Try to avoid it
 - * Stand up straight
 - * Hold your head high
 - * Look the bully in the eye
 - * Speak with a firm voice
 - * Stay around friends
 - * Hang out near adults

If you are being bullied...

- * Tell the bully to stop
 - * “Please stop,” “cut it out”
 - * “I asked you to stop and I mean it.”
- * Use confident body language
- * Practice at home

If you are being bullied...

- * Shrug it off
 - * Act out, “who cares; so what?”
 - * Smile, laugh it off
 - * Act bored
 - * Walk away, look away

If you are being bullied...

- * Agree
 - * “You might be right”
 - * “Maybe”
 - * “Could be”
 - * “That’s possible.”
 - * “Yeah, I kind of am.”

If you are being bullied...

- *Get away
- *Ask for help

If your child is being bullied...

- * Be sure its bullying (not friendly teasing, just not thinking, or something else)
 - * Help them to understand differences
 - * Add another category... just being
 - * Investigate and ask for help

Getting Help

- * Eyes on the inside
 - * Be open minded
 - * Align with teachers or school personnel
 - * Figure out what needs to be put into place
- * Social skills?
 - * IEP/504 Plan?
 - * Coaching in vivo
 - * Groups, training
- * Peer presentation?

Sometimes we're ALL not thinking

- * Because we spend our days with other people, we ALL do things that might bother others, either a little or a lot
- * Sometimes we know we do it and other times we don't realize it
- * The way people treat us usually relates to the way we treat them

Because we're not thinking

- * We might do stuff that accidentally bothers other people, and this might lead to them saying mean things to us, laughing at us, or doing things like rolling their eyes at us
- * We can take feedback and think about how our behavior might make other people feel. We can try to change so that we get along better with everyone in our group.