

Bullies and Victims

As a provider and teacher to children you can do so much to prevent bullying. This is 100% preventable. Two things should be done throughout a child's life:

1. Be a Positive Role Model –
 - If they see you using aggression or force to get what you want, they will do the same.
2. Reinforce caring and sensitivity towards others –
 - When children display “caring” behavior to others, they should be praised.

If these steps are not taken then you must assist the children later in life.

Changing the Bullies Behavior:

- Find out as much as you can about the extent and nature of the behavior.
- Protect the child by protecting their victim; restrict the child from going near their victim
- Cooperate with teachers and parents in monitoring the child's activities.
- Make sure the child knows that you are involved and want to help.
- Talk to the child about alternatives to violence and intimidating behavior.
- Explain to the child the harmful impact they have personally on the victim.
- Make sure the child apologizes and makes meaningful amends to the victim. If something was stolen or broken the child must pay for it.
- Help the child understand why they need to intimidate others.
- The child may be so angry, impulsive, or depressed that you may need some professional assistance. Don't try to handle this alone.

Assisting the Victim:

- Usually the child will not be willing to tell you something is wrong, you will have to watch for clues.
- If you have a reason for concern, you will need to get the child to talk about their concerns.
- You must stay calm and nonjudgmental at all times. Don't offer a solution until you hear the whole situation.
- Ask general question “Is something bothering you?”
- If you do not hear the whole situation the first time, bring it up again. Be patient.
- If you feel something is going on and the child may be in danger look to other adults for more information, privately.
- Help the child to avoid being an easy target. Stay away from isolated places.
- IF the child is unable or unwilling to avoid the situation, come up with a plan with other adults to assist the child. Make sure the plan is followed and every effort is being made to protect the child.

