

Stop Bullying!
August 2009

Parenting *Rules!*

What is bullying?

Bullying is all about *POWER* and *CONTROL*. Bullying is committed by one person who feels the need to have power over another person. Bullying is when one child hurts another child over and over again on purpose.

"We are all bullies, bullied or are bystanders." - Richard I. Gross, MD, American Academy of Child and Adolescence.



Bullying may become a way of life for the child. They may surround themselves with others who accept and promote aggressive behavior. That is why we must not be bystanders...we must intervene.

Bullying can take many forms including:

- name calling, mocking, teasing
- ignoring or rejecting
- hitting, kicking, shoving, tripping
- damaging or stealing personal property
- spreading rumors or turning others against the child
- cyber, internet or text message bullying

Stop Bullying!
August 2009

Parenting *Rules!*

Who are the Bullies?



Parents are often surprised to find out that their child is a bully. Children who bully feel the need to gain control over their victims and may enjoy watching the victims' reaction.

Children become bullies for a variety of reasons including:

- ✓ low-self esteem
- ✓ learning disabilities
- ✓ they witness domestic violence
- ✓ their parents are bullies
- ✓ they suffer from mental illness
- ✓ peer pressure
- ✓ they are victims of abuse

Boys and girls of all ages and sizes can be bullies; however, they typically have the following traits:

- impulsive and quick tempered
- lack empathy and compassion
- are easily frustrated or impatient
- do not like to follow rules
- blame others for their actions
- are immature and socially awkward

Stop Bullying!
August 2009

Parenting *Rules!*

Who are the Victims?

According to the American Academy of Child & Adolescent Psychiatry half of all children are bullied at some time during their school years, and at least 10% are bullied on a regular basis.

Children who are shy, insecure, socially awkward, over/underweight or passive are more often victims of bullying. Many children are afraid or embarrassed to talk with their parents and teachers about being bullied. The child may be threatened by the bully "not to tattle" and is afraid the abuse will get worse. Often times the child is ashamed and embarrassed for being unpopular and picked on.



Signs that your child may be a victim are:

- afraid or unwilling to go to school
- unhappy or depressed
- ripped, dirty or damaged clothing and books
- frequent cuts, scratches and bruises
- lack of friends
- unable to sleep or suffers from nightmares

Stop Bullying!
August 2009

Parenting *Rules!*

What You Can Do



Parents and teachers should be aware that bullying can happen in any school, by any child, in any town in our country. It is important for parents and teachers to work together to deal with bullying behaviors before they get out of hand. **Parents and teachers should not think of bullying as just "part of growing up"!**

Parents

If you find out that your child is being bullied:

- Let your child know that it is ok to feel angry, sad or afraid.
- Stay calm and listen to your child.
- Ask questions about who is doing the bullying and how they are doing it.
- Reassure your child that you will help him or her to stop the bullying from happening.
- Let your child know that nobody deserves to be bullied.
- Report any incidents of bullying to school authorities right away.

Teachers

If you become aware of bullying in your school:

- Never dismiss the report or the child's feelings.
- Understand that it is not the victim's responsibility to solve the problem.
- Intervene immediately when you witness or receive a report of bullying.
- Make it clear to the bully that such behavior will not be tolerated.
- Develop an "anti-bullying" program in your school.
- Encourage and reward good behavior and cooperation.
- Understand that parents may get upset over bullying and work with them to stay calm.

Stop Bullying!
August 2009

Parenting *Rules!*

Resources for Parent and Teachers

Rhode Island Violence Prevention Network

Rhode Island Department of Health
3 Capitol Hill Providence, RI 02908
401.222.7627

www.rivpn.org

Partnership to Address Violence through Education

401.464.2004 info@paveri.org

www.paveri.org

Rhode Island Teen Institute

Initiatives for Human Development
115 Budlong Road- Rear, Cranston, RI 02920
401.490.2200

ihdri.org/teen_institute.htm

RI Department of Elementary & Secondary Education

Guide for Developing an Anti-bullying policy
255 Westminster St. Providence, RI 02903
401.222.4600

www.ride.ri.gov

What Parents Need to Know

Connect With Kids Network
6285 Barfield Road 2nd Floor Atlanta, Georgia 30328
1.888.598.KIDS (5437)

www.connectwithkids.com

ABOUT PARENTING RULES! E-NEWS...



Family & Children's Trust Fund

Administered by the RI Department of Children, Youth & Families

Parenting Rules! e-news is produced by Prevent Child Abuse Rhode Island and is partially supported by an annual grant from the Rhode Island Family & Children's Trust Fund

Prevent Child Abuse Rhode Island
500 Prospect Street Pawtucket, RI 02860
ph: 401.728.7920 fax: 410.724.5850
www.preventchildabuse-ri.org

Please share this information with the families in your programs. Thank you!