

STICKS AND STONES....PART 2

November 2007

Parenting *Rules!*

Is your child a bully?



3 out of 10 kids are either bullies, victims of bullies or both

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

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 Now! Campaign

U.S. Department of Health & Human Services

200 Independence Avenue, S.W. - Washington, D.C. 20201

<http://stopbullyingnow.hrsa.gov>

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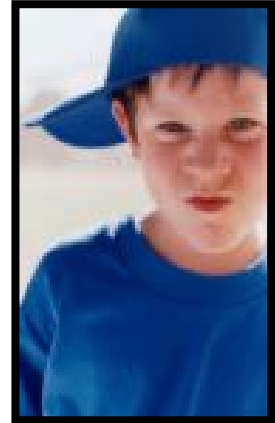
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What kids are saying...

In a poll conducted by KidsHealth, researchers found:

- 48% of the kids surveyed said they had been bullied
- 42% admitted to being a bully at some time
- 14% said they were afraid to go to school because of a bully
- 64% say they would do something to try to help someone who is being bullied
- 25% of the kids who are bullied said they went to an adult for help



"Some kids learn to bully because they have been subjected to mean, unfair treatment themselves - by others or by their families." says Dr. D'Arcy Lyness, child psychologist.

Helping the Bully



It is important for parents and teachers to realize that bullying is a learned behavior that can be "unlearned". Stay calm and talk with the child to help him/her learn new ways to handle feelings, conflict and peer-pressure. Becoming angry with the child is not a constructive way to help a child end bullying behavior.

Here are some ways you can help your child to stop bullying others:

- Talk with your child about why he/she is bullying another child
- Teach your child compassion and respect by setting a good example
- Be clear that bullying will not be tolerated
- Lead by example; model non-violent, compassionate behavior
- Provide positive feedback and praise for appropriate behavior
- Set clear and consistent consequences for bullying
- Seek help from your child's doctor, teacher, school principle or counselor.

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Kids Against Bullying

"Childhood bullying is a significant problem nationwide," said Paula F. Goldberg, Executive Director of PACER, a national parent center located in Minnesota. "It can cause school absenteeism, mental and physical stress, poor school performance, poor self-esteem, and, in some cases, school violence. Statistics show that 160,000 children in the United States miss school each day as a result of being bullied. That's not acceptable."

Children in second through sixth grade are invited to enter the Pacer Center "Tell us your story" contest for the *Kids Against Bullying* website. Poetry, stories or artwork can be submitted by using the contest form found at the website below or by writing to the Pacer Center.

"Tell us your story" Contest

PACER Center - 8161 Normandale Blvd. Minneapolis, MN 55437
www.pacer.org/bullying

Resources for Parents and Teachers

Stop Bullying Now!

Health Resources and Services Administration
5600 Fishers Lane Rockville, MD 20857
www.stopbullyingnow.hrsa.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...



Prevent Child Abuse
Rhode Island



Rhode Island
Family & Children's Trust Fund

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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!