

## STICKS AND STONES....PART 2

November 2007

# Parenting *Rules!*

### Is your child a bully?

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**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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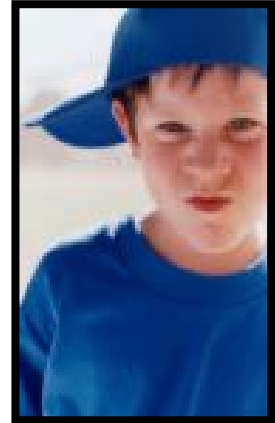
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### What kids are saying...

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**

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"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](http://www.pacer.org/bullying)

## **Resources for Parents and Teachers**

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### **Stop Bullying Now!**

Health Resources and Services Administration  
5600 Fishers Lane Rockville, MD 20857  
[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

### **What Parents Need to Know**

Connect With Kids Network  
6285 Barfield Road 2<sup>nd</sup> Floor Atlanta, Georgia 30328  
1-888-598-KIDS (5437) [www.connectwithkids.com](http://www.connectwithkids.com)



## **ABOUT PARENTING RULES! E-NEWS...**

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Prevent Child Abuse  
Rhode Island



Rhode Island  
Family & Children's Trust Fund

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