

**STICKS AND STONES...**

October 2007

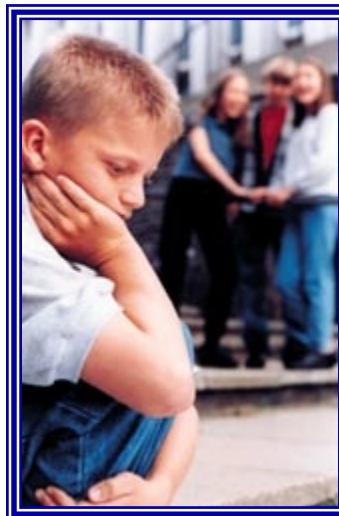
# Parenting *Rules!*

**Bullying is not ok....**

*What is bullying?*

---

Bullying is when one child hurts another child over and over again on purpose. Children who bully will pick another child who may be smaller or weaker to target for this kind of abuse.



**Parents and teachers should not think of bullying as just "*part of growing up*"!**

**Bullying can take many forms including:**

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

**For More information on bullying contact:**

**No Bully**

**3389 22<sup>nd</sup> Street San Francisco, CA 94110**

**415-820-3956**

**[www.nobully.com](http://www.nobully.com)**

**STICKS AND STONES...**

October 2007

# Parenting *Rules!*

**Warning signs....**

*Would you know if your child was being bullied?*



**NO ONE DESERVES TO BE BULLIED!**

Many children are afraid or embarrassed to talk with 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.

Parents need to talk every day with their children about what is happening at school and watch out for these warning signs:

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

For tips on how to recognize and deal with bullying contact:

The Anti-Bullying Network  
Moray House School of Education / University of Edinburgh  
Holyrood Road Edinburgh EH8 8AQ  
[www.antibullying.net](http://www.antibullying.net)

**STICKS AND STONES...**

October 2007

# Parenting *Rules!*

**Take Bullying Seriously...**

*What can parents and teachers 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

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 stop the bullying.
- 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.

**STICKS AND STONES...**

October 2007

# Parenting *Rules!*

**National Bullying Prevention Awareness Week**

*October 21-27, 2007*

National Bullying Prevention Week is sponsored by PACER Center and cosponsored by National Coalition for Parent Involvement in Education, National Education Association, and National PTA.

Parents, teachers and students are encouraged to use the bullying prevention activities and materials at the Pacer Center website below.

**Plan an anti- bullying campaign in your school!**

**For anti-bullying activities and materials contact:**

**The Pacer Center – Bullying Prevention Project**  
8161 Normandale Blvd. Minneapolis, MN 55437  
952-838-9000                      [www.pacer.org](http://www.pacer.org)

**Resources for Parents and Teachers**

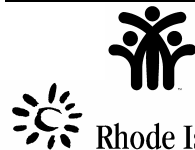
**RI Department of Elementary & Secondary Education**

*Guide for Developing an Anti-bullying policy*  
255 Westminster St. Providence, RI 02903  
401-222-4600                      [www.ride.ri.gov](http://www.ride.ri.gov)

**Fight Crime: Invest in Kids**

*NJ Coalition for Bullying Awareness*  
1212 New York Ave NW Ste. 300 Washington DC 20005  
202-776-0027                      [www.fightcrime.org](http://www.fightcrime.org)

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



Rhode Island  
Family & Children's Trust Fund

Prevent Child Abuse  
Rhode Island

*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*

Administered by the RI Department of Children, Youth & Families

**Prevent Child Abuse Rhode Island**  
500 Prospect Street Pawtucket, RI 02860  
ph: 401.728.7920 fax: 410.724.5850  
[www.preventchildabuse-ri.org](http://www.preventchildabuse-ri.org)

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