

notMYkid[®]

INSPIRING POSITIVE LIFE CHOICES



**BULLYING...
A CHANGE IN
PERSPECTIVE**

Effective Identification of Bullying Behavior and Strategies for Creating a Family Prevention Plan

Contact us at:
notmykid.org
info@notmykid.org
602.652.0163

Warning Signs

Being Bullied

- Comes home with damaged or missing clothing or other belongings
- Reports losing items such as books, electronics, clothing, or jewelry
- Has unexplained injuries
- Complains frequently of headaches, stomachaches, or feeling sick
- Has trouble sleeping or has frequent bad dreams
- Has changes in eating habits
- Hurts himself/herself
- Is very hungry after school from not eating their lunch
- Runs away from home
- Begins acting strangely
- Is afraid of going to school or other activities with peers
- Loses interest in schoolwork or begins to do poorly in school
- Appears sad, moody, angry, anxious or depressed after school
- Talks about suicide
- Feels helpless
- Often feels like they are not good enough
- Blames himself/herself unnecessarily
- Suddenly has fewer friends
- Loses interest in visiting or talking with friends
- Avoids certain places

Bullying Others

- Becomes violent with others
- Gets into physical or verbal fights
- Gets sent to the principal's office or detention frequently
- Has extra money or new belongings that cannot be explained
- Is quick to blame others
- Will not accept responsibility for their actions
- Has friends who bully others
- Needs to win or be best at everything

Resources

www.notmykid.org

www.helpguide.org

www.stopbullying.gov

Teen Lifeline: (602) 248 TEEN

www.azleg.gov/legtext/50leg/1r/bills/hb2415h.pdf

Item #37, pp. 5-6

AZ House Bill 2415 (2011)

TALKING TO TEENS ABOUT BULLYING

Here is a list of questions that you can ask your child as an easy way to start a conversation about bullying. They are non-accusatory and open-ended, so you are more likely to start a two-way conversation.

How often do you observe bullying online or at school?
How many of your friends have been cruel to others?
Have you ever had someone be cruel or bully you?
What would you do if a friend was bullying someone?
Have you ever seen a kid “stand up” for a person being bullied at your school?

Here are some other tips on talking to your kids about bullying and peer abuse:

- 1. Seize the moment.** Take advantage of any opportunity to talk to your kids. Maybe your child will share the story of a ninth grader who was caught bullying another kid at school. Or, maybe over dinner one night your child discloses that one of their friends is being harassed by classmates. Use these moments to talk honestly and openly with your kids about these topics. Ask them open-ended questions to foster further conversation, “What do you think of what is happening to your friend?” or “What do you think might happen to the ninth grader?” Kids are curious by nature; allow the conversation to flow freely between you and your child.
- 2. Listen more than speaking.** Encourage your kids to talk to you by listening to them without overreacting when they open up to you, it will help them feel more comfortable talking to you. You may be surprised to find out how much your child already knows about teen cruelty and peer abuse when you really listen to them. Be aware of your tone and the length of your responses, your child may perceive a long response as a lecture and not feel comfortable opening up again.
- 3. Ask your child what he or she knows.** Ask questions such as “What have you heard about bullying from your friends and teachers?” Let your child answer the question without interrupting and then acknowledge them for their openness. Take opportunities such as these to start a two-way conversation. Be sure to educate yourself prior to this conversation, so you can answer all of your child’s questions accurately. If you don’t know an answer, don’t guess, be honest and tell your child you will find out the answer or you risk losing their confidence.
- 4. Use current events** such as television shows and news reports, as conversation starters. Share a news story or local incident with your child – a kid being arrested for bullying, a kid committing suicide as a result of being bullied – to start a conversation. Ask your child how they would feel if they were arrested or caused another kid to feel hopeless because they were bullying others. How would this affect their future? You may want to discuss the risks and possible catastrophic consequences from poor decisions.
- 5. Role play with your kids.** Give your child words and steps to take if situations arise where bullying is occurring. It will be easier for your child to respond if they have a few planned phrases and a strategy for leaving the situation.

Student Led Interventions

“WHEN BYSTANDERS INTERVENE, THEY CAN STOP BULLYING WITHIN 10 SECONDS OVER HALF OF THE TIME.”

- CRAIG AND PEPLER

Tell the child bullying to stop

Only appropriate if the child speaking up feels safe
Do not respond with threats or insults
Violence/harassment is never an appropriate intervention

Distract the child who is bullying or remove the target

“Mr Smith is looking for you.”
“What time is it?”
“We need another player for our game. Come over here.”

Communicate with school staff/trusted adults

Continue to report until it stops
Reporting is **not** “snitching”
Don’t get discouraged

Create or participate in an anti-bullying environment

Join or create an anti-bullying or peer support group in your school
Create an anti-bullying or peer support account on social media
Lead by example and encourage others

Educate your family, friends, and community

Visit StopBullying.gov or notMYkid.org to learn more about bullying prevention
Do a monthly online search for news stories related to bullying and peer abuse
Spread the word!

AZ Bullying Legislation

www.azleg.gov/legtext/50leg/1r/bills/hb2415h.pdf
Item #37, pp. 5-6 - AZ House Bill 2415 (2011)

Arizona Public Schools are Required to:

Define

1. Clearly define “harassment,” “intimidation,” and “bullying”
2. Define formal description of disciplinary procedures for employees who fail to report bullying
3. Define procedures designed to protect the health and safety of students who are physically harmed as a result of incidents

Report

1. Provide incident forms for faculty, students, and parents to report bullying and intimidation
2. Faculty must report in writing incidents of harassment, intimidation, or bullying
3. Administration must maintain documentation of all bullying for a minimum of six years

Implement

1. At the beginning of each school year, provide students with written copy of rights, protections, and support services available to any alleged victim of bullying
2. Prohibit cyber-bullying on school computers, networks, forums, and mailing lists

Top 10 Computer Monitoring Programs



Net Nanny



WebWatcher



McAfee
Safe Eyes



Profile Parent
Filter 2



PC Pandora
7.0



Family
Protector



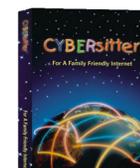
Spytech
Spy Agent



eBlaster



Spector Pro



CYBERSitter

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What if My Kid is Being Bullied or Bullying Others?

Being Bullied

Listen:

- Show concern and empathy
- Do not lecture or overreact
- Reassure them that you love, care for, and support them

Communicate:

- Encourage open communication
- Instruct them to speak with school staff
Telling is not tattling!
- Reinforce positive self-talk

Document/Report:

- Save all communications (texts, emails, screen captures, voicemails, social media posts, etc.)
- After each incident, record: names, dates, locations and who you reported the incident to
- Report the bullying to a teacher, school / district administrator, website administrator, or to the local police

Get Involved:

- Encourage positive activities and self-expression
- Follow up on every incident
- Teach and model conflict resolution

Bullying Others

Monitor:

- Know your kid's friends, along with their siblings and families
- Be aware of Internet use and what kids are posting online
- Continually check your kid's room and car
- Discuss family values and boundaries

Talk:

- Calmly, let them know that you will not tolerate their behavior
- Discuss legal ramifications
- Discuss how to show empathy and compassion

Be Involved:

- Their behavior is your responsibility
- Hold them accountable to age-appropriate, predetermined consequences
- Work with the school

Seek Help:

- From school, church, community, or health care professionals. There may be underlying issues perpetuating the behavior
- Contact police when / if child becomes violent or if they makes physical threats

Taking Action

notMYkid Family Prevention Strategies

Be Consistent:

- Discuss boundaries with your local school/district in regards to bullying regulations
- Create consistent boundaries and consequences around teen cruelty and internet use
- Model appropriate conflict resolution and stress management for your children

Communicate:

- Create opportunities for two-way conversations around bullying and teen cruelty
- Share real-life examples of bullying and their consequences
- Role-play situations to prepare your child to avoid and prevent teen cruelty and peer abuse
- Teach your child strategies to handle stress in a positive manner
- Communicate regularly. This is not a one-time conversation
- Answer your child's questions with honesty and at an age-appropriate level
- Use local news and events as opportunities to discuss choices and consequences

Educate Yourself:

- Concerning the dangers of bullying
- On the signs and symptoms of being bullied
- Become familiar with the different groups and cliques the students are in your child's school
- Be aware of Internet use and what students are posting and sharing online. Learn terminology and emoticons used in social media
- Become a credible resource for your child through education

Build Community:

- Educate your community on the dangers of bullying
- Elicit the support of your local school/district, Boys and Girls Clubs, church, and law-enforcement to help create and support anti-bullying
- Encourage members of your community to create a bullying prevention plan

Teach Your Child to:

Support:

- Remove the target from the situation
- If your child feels safe, they should tell the bully to stop
- Show empathy online and at school

Communicate:

- Document everything that happened
- Tell a trusted adult, teacher, or counselor
- Continue to communicate about the problem until it is resolved

Become the Difference:

- Don't support it by standing around and watching, or by joining in
- Get involved with the community and school to start an anti-bullying campaign
- Educate peers about bullying
- Create proactive ways to end bullying. Be creative!

Our Family Prevention Plan

Add any additional strategies that will work for your family. Agree, share, and post your prevention plan for all to see

Be Consistent:

Communicate:

Educate Yourself:

Build Community:

Support:

Monitor:

Document/Report:

Become Involved:
