



# Bullying 101

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# Presentation Objectives

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- Provide understanding of bullying
- Increase your knowledge of the different roles
- Empower you as a parent



# What is Bullying

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**Intentional**, usually repeated acts of verbal, physical or written aggression by a peer (or group of peers) operating from a **position of strength** or power with the goal of hurting the victim physically or damaging status and/or social reputation

Olweus(1978) United States Department of Education (1998)

# Types of Bullying

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- **Physical**
  - Actions to hurt others
- **Verbal**
  - Name Calling, offensive remarks
- **Indirect**
  - Rumors, exclusion
- **Cyber**
  - Insulting messages, pictures or threats via social media

# Key points

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- Happens from preK through high school and beyond...
- Peaks in grades 4 – 7
- Most likely to occur in less supervised areas
- Boys bully more directly and more frequently
- Girls bully more indirectly and in groups



# Roles Our Children Play

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- Kids who bully
- Kids who are bullied
- Kids who assist
- Kids who reinforce
- Outsider, or bystander
- Kids who defend

## Ages 4 – 1<sup>st</sup> grade

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- Conflict over toys, possessions, 1<sup>st</sup> in line, own way, threats of tattling, threat of not playing with them or excluding them
- Children at this age are egocentric, have difficulty with empathy; peer conflict and aggression is normal



# Signs that Your Child May be Bullying

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- Call others names
- Does not show empathy
- Need to get their own way
- Defiant
- Angers easily
- Blames others for own behavior





# Signs that Your Child May be Bullied

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- Complaints of feeling ill
- Unexplained injuries
- Loss of desire to go to school or other social situations
- Any change in behavior



# Bullying Prevention

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- Communicate with your child about school and peers
- Listen and validate concerns
- Be a role model –
  - Treat others respectfully
  - Think before you act
- Get involved
- Know school's policy



# Bullying Prevention cont.

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- High behavioral expectations, low tolerance for mean behavior
- Teach that words/behavior can hurt others
- Validate feelings, give meaningful consequences for behavior
- Teach better ways to handle problems
- Model friendship



# If your child is bullying...

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- Clearly communicate that it is not tolerated
- Provide meaningful consequences
- Try to figure out why
- Work with the school

# If your child is a bystander...

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- Teach your child to
  - not join in
  - speak up if possible
  - tell an adult, tattling vs. telling
  - include the child being bullied



# If your child is bullied...

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- Listen and validate
- Calmly find out more
- Do not personalize
- Problem solve
- Work together with the school
- Get help from outside professionals
- Restore self-confidence
- Continue to talk



# Empowering Your Child

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- Avoid the bully & find a buddy
- Use calming strategies
- Act brave, ignore and walk away
- Tell an adult
- Talk about it

# Questions

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## ○ Resources

- [www.alberticenter@buffalo.edu](mailto:www.alberticenter@buffalo.edu)
- [www.empoweringparents.com](http://www.empoweringparents.com)
- [www.ces.ncsu.edu](http://www.ces.ncsu.edu)
- [www.stopbullying.gov](http://www.stopbullying.gov)
- [www.kidshealth.org](http://www.kidshealth.org)
- [laurenstang@k12.ginet.org](mailto:laurenstang@k12.ginet.org)