

Bullying

Guidance for Kids

Bullying happens when someone hurts someone else on purpose.
Bullying can affect anyone, anytime or place.
ALL bullying is wrong!!

Other People's Feelings

It's not nice to make other people feel bad,
just the same way we don't want someone to make us feel bad.

DO: Play nicely, treat others nicely, share, compliment, make others happy.

DON'T: Hurt other kids, call names, whisper, tease, hit/kick/pinch, hurt others feelings, or ignore others by not asking them to join in activities.

We're all the Same, in that, We're all Different!

NO BETTER, NO WORSE! Just DIFFERENT.

Just because someone is different doesn't mean that they are better or worse than the rest of us –
it's differences that make us more interesting!

We all have special talents, all of us, and no one should be picked on because they seem different or not as good at something, or because they have special needs. And, remember also, we're all the same in that no one wants to be hurt, no one wants to feel bad, left out, or picked on.

Support Your Friends

If a child in your school is being bullied, tell someone, a friend, parent, or teacher. And be nice to them, make sure you and your friends support them and they feel welcome.

Set an example, don't hurt others, be kind to others.

Don't support a bully or anyone who hurts others, make it clear to them it's NOT okay.

Being Bullied

Bullies are looking for your response; whenever you can, ignore the bully:

– walk away, don't say anything, don't let them get to you.

Find other friends: Remember, you're perfect the way you are, and there are *always* plenty of good people that will accept and love you, just as you are.

Tell a friend, teacher, or parent straight away, don't be afraid, because bullying is wrong, no matter what, and must be stopped.

Being a Bully

Sometimes we feel hurt by others, or we may feel not as good as someone else, and this makes us want to hurt someone else to make us feel better. This is the worst thing that we can do to ourselves and for those around us.

Making others feel bad is not a way to make ourselves look better or feel better.

Hurting someone because we are being hurt is equally wrong, if we're being hurt by someone we need to tell someone about it.

Finding a friend and someone to support us the way we are is the best way to feel better about ourselves, and the best way to find a friend is to be a friend!

Free Kids Books Advice on Bullying

DON'T BE A BULLY

Kids that bully hurt other kids on purpose.

Bullying is very bad.

Bullying can hurt people with:

X Words, teasing, calling them names, saying unkind things about them;

X Or by actions, hitting, pushing, kicking, pinching, throwing objects;

X Or by ignoring them and leaving them out of activities.

BULLYING

Do's

and

Don't's

Do be nice

Don't hurt

What Cool Kids Do

- Cool Kids are nice to others by caring, sharing, helping, and putting others first;
- Cool kids support all types of kids no matter what their differences or abilities;
- Cool kids think about other people's feelings;
- Cool kids support kids who are being bullied.

What Cool Kids Don't

- Cool Kids don't bully!
- Cool Kids don't hurt other kids on purpose;
- Cool Kids don't judge others;
- Cool kids don't let others bully or be bullied;
- Cool kids aren't mean to others.

Make the bullying pledge:

"I promise never to bully or be with someone who bullies others. If I see someone being bullied, I will help them by telling an adult. I promise never to hit, push, or say unkind words to hurt someone on purpose."

Name

Date

Signed

Bullying

Guidance for Parents

Bullying is best defined as discrimination by a stronger entity against a weaker entity. Although usually involving children, bullying has no limits of age, creed, or race, and can affect anyone.

Recognition

Generally, a child will not tell anyone they are being bullied, often until it is too late, especially not an adult, unless there has been a prior relationship of trust built up. Some incidents of bullying in teenage years have resulted in death and suicide, and yet the child was still too afraid to speak out. Many teenagers and middle-graders will have mood swings, but it is really important as a parent, caregiver or concerned adult friend, that you monitor any out of character mood changes, or behavior changes and speak to the child concerned as soon as possible. Being available, being observant, and being a friend, can be your biggest methods of support for a child in difficulty.

Confidence

A confident child will shrug off or counteract bullying, and the bully will usually lose interest soon enough. It's no fun bullying someone that doesn't bite. Ensuring a child is sure of themselves, secure in their own self image, accepting of their abilities and disabilities, will mean they are less likely to be a victim of bullying, or if they are, they have the ability to deflect the attack and turn the situation to their advantage.

Support

If a child comes to you for support, it is vital that the situation is handled correctly. Incorrect handling can result in more subtle and more vicious bullying, which could be much more emotionally damaging than straight physical attacks. If it is the first time you have dealt with the issues seek advice and research the subject carefully. Both generically and personally, don't jump in feet first, especially if you are emotionally involved. Time taken to search a solution usually will result in a better solution for all.

Prevention

Start early by instilling confidence and trust with your child. Ensure they have a high self worth, and a high level of trust in you to share problems without fear of repercussions. This is harder than it sounds, but much easier than it is for a child to put up with bullying silently. If you start early and keep practicing, it will have rewards.

Links to Bullying Support Sites

<http://en.wikipedia.org/wiki/Bullying>

<http://www.bullying.org>

www.bullying.co.uk

<http://www.stopbullying.gov>