

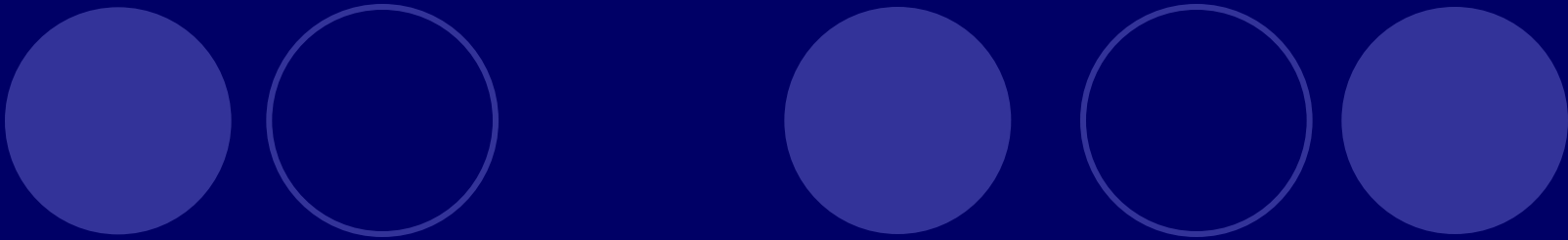
TEACHING YOUR CHILD TO STAND UP FOR THEMSELVES

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The Impact of our Words





"I haven't met a parent who hasn't wanted to run to her child's school and shake some kid who was mean to her kid (even though the parent has never done this). But one of the biggest complaints I get from kids are about parents who are meddling in their friendships. You can support your child through the tough times by lending a sympathetic ear — without necessarily jumping to action."

Michael Thompson, Ph.D. Co-Author, *Best Friends, Worst Enemies*

Understanding Bullying and Self Esteem

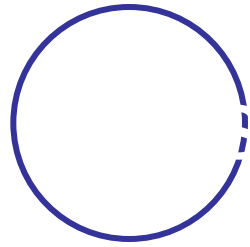


Bullying Facts

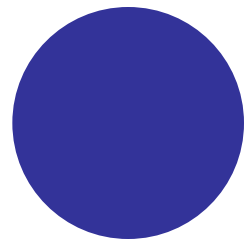
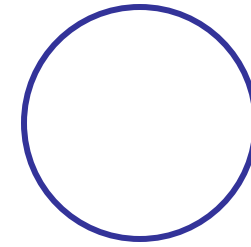


- 1 out of 4 kids is bullied
- 1 out of 5 kids admits to bullying
- 8% of students miss one day of class per month for fear of being bullied
- 43% fear harassment in bathrooms at school
- Most bullying is seen in 6th-8th grade
- Most violence happens on school grounds

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- On the playground: every 7 minutes a child is bullied
- Adults intervene 4% of the time
- Children intervene 11% of the time
- NO INTERVENTION 85% of the time



Bullying



- Children may not know they are targeted
- People who bully come in all different size, shape, race, gender and socioeconomic backgrounds
- May be physical, emotional or verbal
- It affects a child's self esteem, schooling, trust and long term relationships

Acceptance



- Children want to be accepted by their peers
- They want to be involved in all aspects of play and they seek out ways to fit in
- A primary question in a child's mind is what do I need to do to fit in?



Reality

- Bullying is not acceptable
- If you feel that you know of a child being bullied, intervention is the key
- Observation on the playground, school bus and classroom are essential
- Seek professional advice at your school if your child is being bullied
- Most schools have a zero tolerance policy!

Who is a Target?



- He's a different size -- smaller or bigger -- than most of other kids their age.
- She falls into some type of "minority": African-American kids at a mostly white school, girls in a shop class that's crowded with boys, etc.
- She doesn't have a lot of confidence and doesn't seem like she'll stand up for herself

Quick Fact

- Some statistics on bullying indicate that 60 percent of students report bullying on the basis of looks/body size, 57 percent on the basis of gender expression, 53 percent on ability, 52 percent on real or perceived sexual orientation, 40 percent on race/ethnicity, and 33 percent on religion or family income

(Batsche and Knoff 1994; Gordon 2001; Scott 2002).

Who is a Target?



- There's something that makes him stand out, like a disability that makes him walk or talk differently, or even just his name.
- She gets anxious or upset very easily.
- He doesn't have any or many friends and is usually alone.

What should your child do

- Ignore the bully.
- Don't cry, get angry, or show that you're upset.
- Respond to the bully evenly and firmly. Example: "No."
"That's what you think."
- Remove yourself from the situation. Go to a place where an adult is present.
- Remember that you are not the one with the problem. It's the bully who has the problem.



Other tips for Your child

- Don't walk alone. Travel with at least one other person whenever you can.
- Avoid places where bullying happens. Take a different route to and from school. Leave a little earlier or later to avoid the bully.
- Sit near the bus driver on the school bus or walk with a teacher to classes.
- Don't bring expensive things or money to school.
- Label your belongings with permanent marker in case they get stolen.
- Avoid unsupervised areas of the school and situations where you are by yourself. Make sure you're not alone in the locker room or bathroom.
- Act confident. Hold your head up, stand up straight, and make eye contact.
- Brainstorm bully comebacks ahead of time, and practice them in the mirror. That way you'll have them ready when you need them!

The Parent Role

- While you can't live your child's social life for her, there are some things you can do to help — or help yourself stay out of the way.
- We are teaching the children to advocate for themselves!
- Resist the temptation to “solve” their problems

Taking a Stand for Yourself!

You have brains in your head.

You have feet in your shoes.

*You can steer yourself
any direction you choose.*

You're on your own.

And you know what you know.

And YOU are the one who'll decide where to go.

~Dr. Seuss

Resources

- <http://www.tolerance.org/index.jsp>
- www.pbs.org
- www.pacer.org
- http://kidshealth.org/teen/your_mind/problems/bullies.html