

## What parents should know about bullying

Bullying is not something that kids need to experience to help them be tougher grownups. Being bullied does not make a person stronger; it makes them more likely to be anxious, depressed, and feel bad about themselves. Students who bully may try other risky behaviors and have more problems as adults. Parents play important roles in helping to prevent bullying and address it if it happens.

## Common mistakes when thinking about bullying

1. Bullying is a normal part of growing up – kids will be kids.
2. Kids need to work out their own problems.
3. If you just ignore it, things will get better.
4. Sticks and stones will break your bones, but words will never hurt you.
5. Girls don't bully.
6. If you report bullying to a teacher, you're a tattletale or a snitch.

## Parent Tips: Do's and Don'ts

### If you think your child is being bullied, DO:

- Talk to your child, explain that bullying is wrong, and that the bullying is not their fault.
- Work with the school to help solve the problem.
- Share your concerns with your child's teacher or principal.
- Help your child develop good friendships with kids who are positive influences and kind.
- Find an adult at school whom your child trusts and can talk to and report any continued bullying.
- Document and report any continued bullying to the school.
- Be a positive role model by using problem solving when confronting challenges.

### If you think your child is being bullied, DO NOT:

- Blame them.
- Discourage them from talking about it.
- Tell them to ignore it or make them say they're sorry.
- Tell the child to hit back or get even.
- Expect them to work it out alone or you try to work it out with the parents.

## How to approach the topic when talking to your child each day:

1. Do you have new friends at school this year? Who are they?
2. Who do you sit with at lunch or on the bus?
3. What has your teacher told you to do if someone is hurting or bullying you?
4. What do you usually do when you see bullying going on? Have you ever tried to help someone who was being bullied? What happened? What do you think you can do if it happens again?
5. Do you know of kids at your school who are left out? What could you do to include them?

## What we are doing at New Heights



*The survey of students in our district showed that bullying is an issue that they find to be very serious. The good news is that the vast majority are concerned and want to help! 85% said they felt sorry for students who were bullied, and 60% said they tried to help out peers who were bullied.*

Our school has initiated a bullying prevention program to ensure that all students feel safe and are able to succeed academically to their highest potential. The Olweus Bullying Prevention Program is the best-known bullying prevention program available. To be most effective, we want to include our families in the bullying prevention efforts. By implementing this program, we are committed to reducing existing bullying problems among students, preventing new bullying problems, and achieving over all better student relations at school. You can help us by talking to your child about bullying and our school's anti-bullying rules at home.

## ***Hawk Pride***

**Take Pride in Yourself, Pride in Your Family, Pride in Your School**



## New Heights Middle School

### What YOU can do to help

- Educate yourself on what bullying is and what bullying isn't.
- Support the school's messages against bullying behaviors.
- Join the school's Bullying Prevention Coordinating Committee.
- Volunteer to help with the annual kickoff event.
- Attend anti-bullying meetings at the school.
- Talk to your child about the school's anti-bullying rules.
- Take reports of bullying from your child seriously.
- Work with the school team when trying to resolve bullying situations that involve your child.

If you have any questions or want more information on getting involved with our bullying prevention efforts, please contact Karen Brock, GCDF our Bullying Prevention Committee Coordinator.

### Resources

Parent Guide, Center for Safe Schools [www.SafeSchools.info/BP\\_Toolkit](http://www.SafeSchools.info/BP_Toolkit).

[www.Stopbullying.gov](http://www.Stopbullying.gov)

Olweus Bullying Prevention Program: Schoolwide Guide (to view a copy, contact your Bullying Prevention Coordinating Committee.

## What Every Parent Should Know About Bullying

### What is bullying?

Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.

- Bullying has three key components: (1) it is aggressive behavior, (2) it involves an imbalance of power, and (3) it usually is repeated over time.
- Bullying includes things like name-calling, taunting, hitting, shoving, leaving out, and spreading rumors.
- It may happen in person or through electronics.
- The imbalance of power may be in strength, popularity, power, or knowledge.
- The person who is bullied may feel very upset and stop doing things they normally enjoy. They may be anxious, depressed and complain about stomach aches, headaches, or trouble sleeping.
- Often people who bully do it to be in control or for attention.
- Bullying affects students who are bystanders – those who observe bullying.
- It can affect the entire school.

**You're All Invited to our  
Bullying Prevention School Kickoff!**

**October 11, 2016  
2:00pm**