

- **Support Kids Who are Bullied**
- **Helping Your Child Get Along with Others**
- **Guidance Lesson- Bullying**
- **What is cyberbullying??**

UPCOMING

EVENTS/DATES

NOVEMBER

1st Day of 3rd Six Weeks 9

Early Release Day 11

Super Kid Assemblies 12

Thank a Vet Day-Wear Camo or Red, White and Blue 13

Veteran's Day Program 18

Grandparent's Day 24

Thanksgiving Holiday 25-28

# News from the Knoll

NOVEMBER

## Support Kids Who Are Bullied

All kids involved in bullying—whether they are bullied, bully others, or see bullying—can be affected. It is important to support all kids involved to make sure the bullying doesn't continue and effects can be minimized. Below are some ways to offer support to your child if they are being bullied.

Listen and focus on the child. Learn what has been going on and show them you want to help them. Assure the child that the bullying is not their fault. Know that the child may struggle to talk about the bullying and you may need to seek out professional help for the child from the school counselor, psychologist, or other mental health professional.

Give advice about what to do. This may involve role-playing and thinking through how the child

might react if the bullying occurs again. Work together to resolve the situation and protect the bullied child. Ask the child being bullied what can be done to make him or her feel safe. De-



velop a game plan.

Be persistent. Bullying may not end overnight. Consistently being committed to stopping the bullying and supporting the bullied child is important.

Avoid these mistakes:

- \* Never tell the child to ig-

nore the bullying.

- \* Do not blame the child for being bullied.
- \* Do not tell the child to physically fight back against the kid who is bullying. It could get the child hurt, suspended, or expelled.
- \* Parents should resist the urge to contact the other parents involved. It may make matters worse. School or other officials may act as mediators between parents.

Finally follow-up to be sure that the behavior stops and does not continue since bullying can be ongoing and repeated.

## Helping Your Child Get Along With Others

Early childhood often marks the first opportunity for kids to learn how to get along with each other including how to cooperate, share, and understand their feelings. Young children may be aggressive and act out when they get angry or don't get what they want.

Some ways to facilitate your child

learning how to get along with others are listed below.

Model positive ways for your child to make friends. Practice pleasant ways to ask to join games and take turns in games with your child. Help your child learn the consequences of certain actions in terms they can understand. "If you don't share, other children may not want to

play with you." Set clear rules for behavior and monitor behavior. Redirect and stop aggressive behaviors. Use age-appropriate consequences for aggressive behaviors. Encourage your child to say "I'm sorry" when they hurt a peer even accidentally. Pair the apology with action such as rebuilding legos if knocked down.



1220 Boswell Street  
College Station, TX 77840

Phone: 979-764-5580

E-mail: [lmorrison@csisd.org](mailto:lmorrison@csisd.org)

*SUCCESS: Each life....Each day....Each hour*

Our guidance theme for November is bullying and how to respond and deal with those who bully. At South Knoll, we want our super kids to respect one another and treat each other with care and kindness.

The students were taught how to respond to a bully, to report bullying if they see or hear it happening to themselves or others, and how to be a better bystander if they witness bullying.



## What is Cyberbullying??

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as social media sites, text messages, chat, and websites. Cyberbullying is different because it can happen 24 hours a day, 7 days a week and can reach a kid when he or she is alone. It is very hard to get away from the cyberbullying behaviors. Often cyberbullying messages are posted anonymously and distributed to a very wide audience. Deleting these messages after they have been posted or sent is extremely difficult.

Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or

even fake profiles.

Kids who are cyberbullied are more likely to:

- \* Use alcohol or drugs
- \* Skip school
- \* Experience in-person bullying as well
- \* Be unwilling to attend school
- \* Receive poor grades
- \* Have lower self-esteem
- \* Have more health problems

Ways to protect your child from cyberbullying include:

- \* Sign off the computer.
- \* Don't respond or retaliate.
- \* Block the bully.
- \* Save and print out bullying messages.
- \* Talk with your child about cyberbullying.
- \* Monitor all electronic devices

**S T O P**  
**cyberbullying**