

**Lean
ON ME**



What is Bullying?

Bullying happens when a person with greater power takes unfair advantage of someone less powerful. These negative actions are often repeated, becoming a pattern of behavior.

Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural, social or ethnic power, level of intelligence, an ability, popularity, gender, etc.

Bullying is the persistent abuse of someone who is weaker. The bully watches for opportunities to pick on the victim and the victim feels tormented and defenseless. There are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. However, research doesn't follow that ideology and anyone can become a victim of bullying.

Have they been guilty of bullying someone else?

Place a check in the box next to the bullying action your child has participated in.

- Hit, kick, or push to hurt someone
- Use words to call names, tease, or scare people
- Said or written mean things about someone
- Grabbed or broken another kid's property
- Made fun of someone
- Left a classmate out of a group on purpose
- Sent an angry email/text message that offended a classmate
- Feel good when putting down others

If you checked more than one box, your child might be a bully. If so, you should go talk to your teacher, or school counselor and work a plan.

Recognizing bullying behavior in children is the most important step.

Parents: How to talk about bullying

Here are a few tips:

▶ Help kids understand bullying. Talk about what bullying is and how to stand up to it safely.

▶ Keep the lines of communication open. Know their friends, ask about school, and understand their concerns.

▶ Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence.

▶ Model how to treat others with kindness and respect.

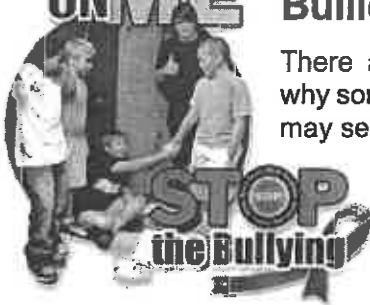
For more information:
www.stopbullying.gov



For More Information:
Kentucky Center for School Safety
www.kysafeschools.org



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What's with those Bullies?

There are a lot of reasons why some people bully. They may see it as a way of being popular, or making themselves look tough and in charge. Some bullies do it to get attention or

things, or to make other people afraid of them.

- Bullies might be jealous of the person they are bullying.
- They may be being bullied themselves.

Some bullies may not even understand how wrong their behavior is and how it makes the person being bullied feel.

5 Tips for parents to prevent bullying

1. **Be consistent about rules and discipline**, and involve your child in setting rules/consequences whenever possible. Explain to them what you expect and what the consequences will be for not following rules **BEFORE** they are enforced.
2. **Use a positive approach to changing behavior** by emphasizing good behavior rather than punishing bad behavior. Praise and affection can be the best rewards for children. Too many rewards, however, discourage development of internal values systems.
3. **Accompany your children to supervised activities** and watch how they get along with others. Teach your children non-aggressive ways to solve problems by discussing problems with them and asking them to consider what might happen if they use violence to solve problems.
4. **Demonstrate values of respect, honesty and pride** in your family and heritage with your actions. These are important sources of strength for children, especially when they are confronted with negative peer pressure.
5. **Model involvement and service in your community** for your children by volunteering in a variety of activities as an individual and as a family.

Parents: Watch OUT online!

In chat rooms, on MySpace or Facebook, on IM or texts, others might pretend to be someone they aren't and **ask your child to meet them**. They should tell you immediately if one of their online "friends" wants to meet them face-to-face. If they receive unwanted and nasty emails, texts, IMS or have something posted on a website that makes fun of them, they should tell a **trusted adult immediately...** and keep telling until someone listens.

Explain they **never should give out any identifying information**, like they you frequent or school's name or mascot, because **people can use personal information to contact your child or hurt them**.

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