

Bullying

Major Themes for Parents

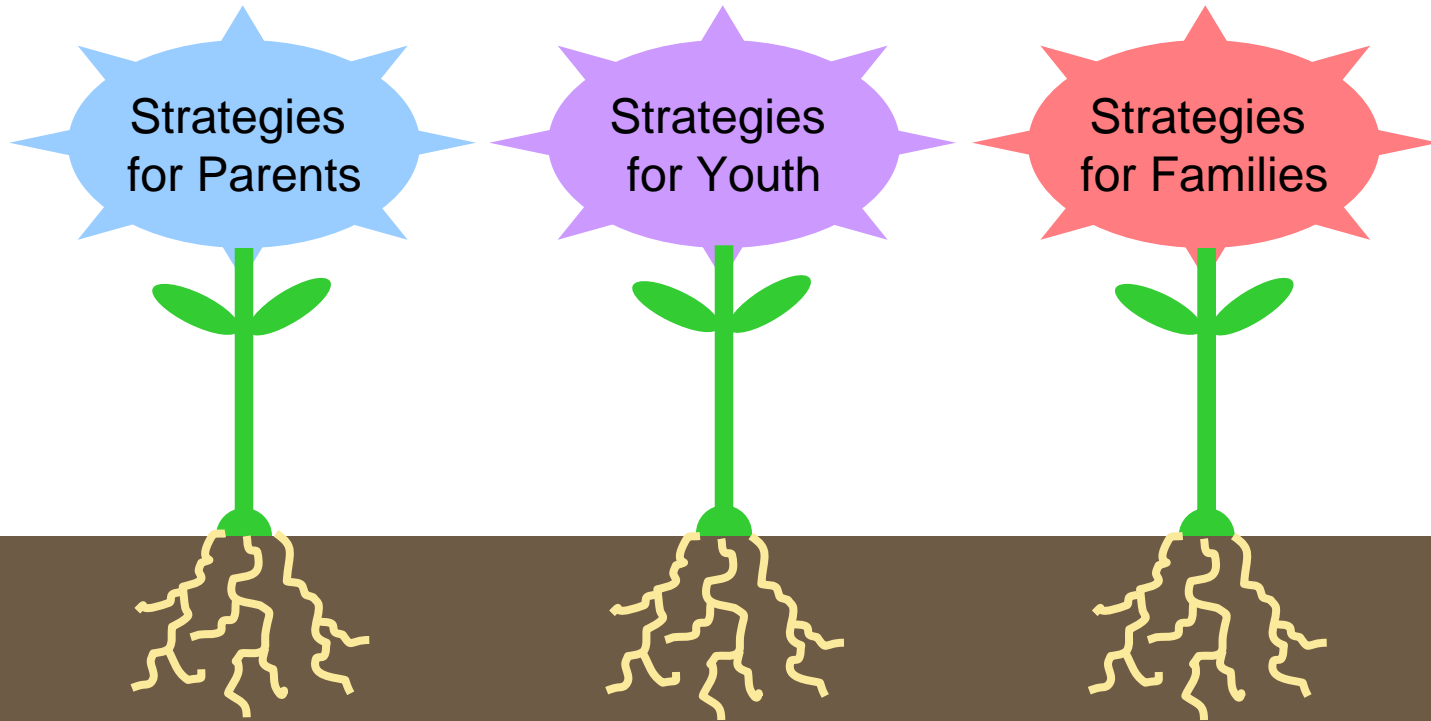
Michael T. Morrow, Ph.D.

February 9, 2011



Growing together
A Seminar Series for Parents

Overview

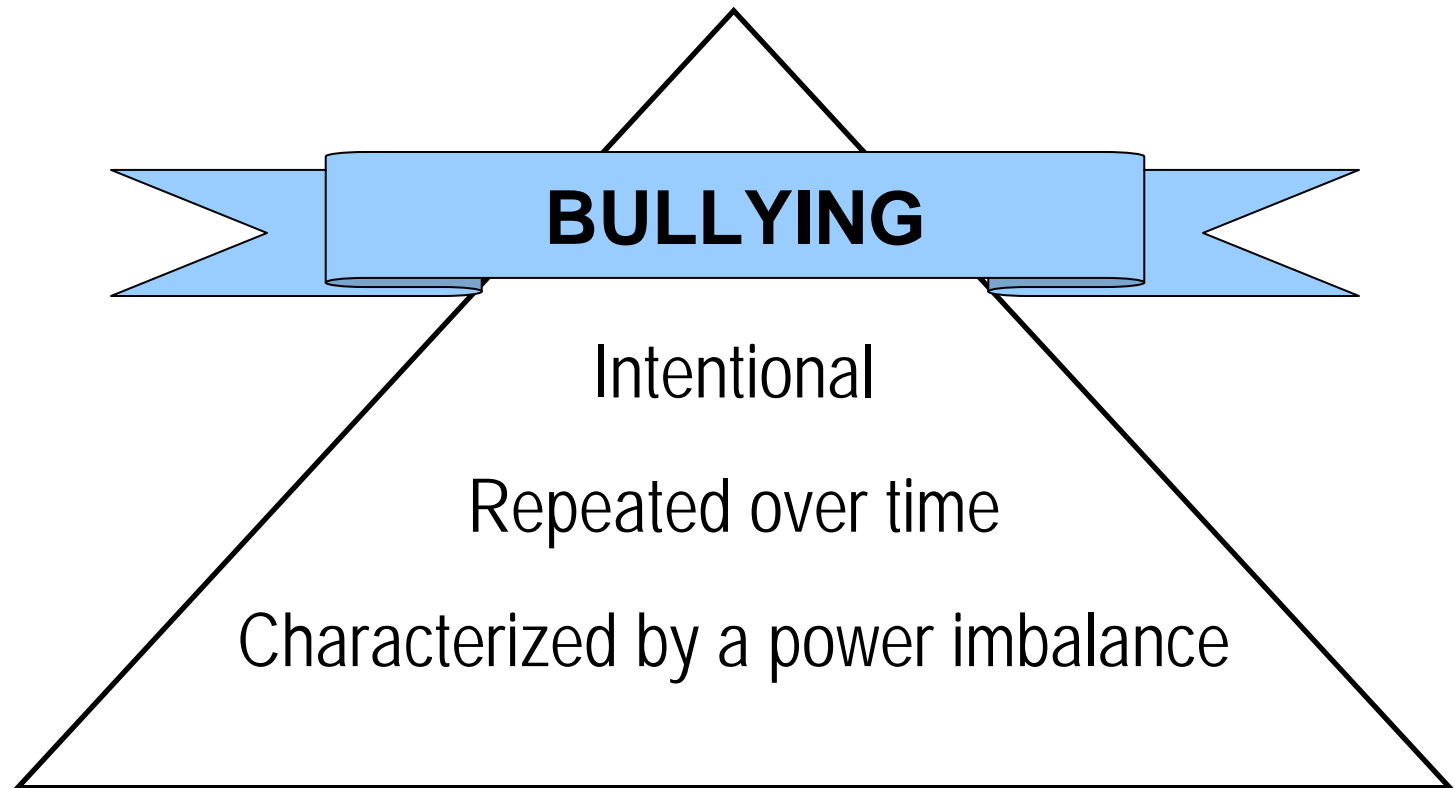


MAJOR THEMES

from research & clinical work

Theme 1

Bullying is distinct from
playful teasing and rough-&-tumble play



Traditional Types of Bullying

Physical	hitting, kicking, pushing, tripping, scratching, pulling hair, ...
Verbal	teasing, taunting, mocking, name calling, cursing at, ...
Social	spreading rumors, ignoring, excluding, blocking from groups/activities, ...
Property	Stealing, damaging, or hiding another's personal belongings

Cyberbullying

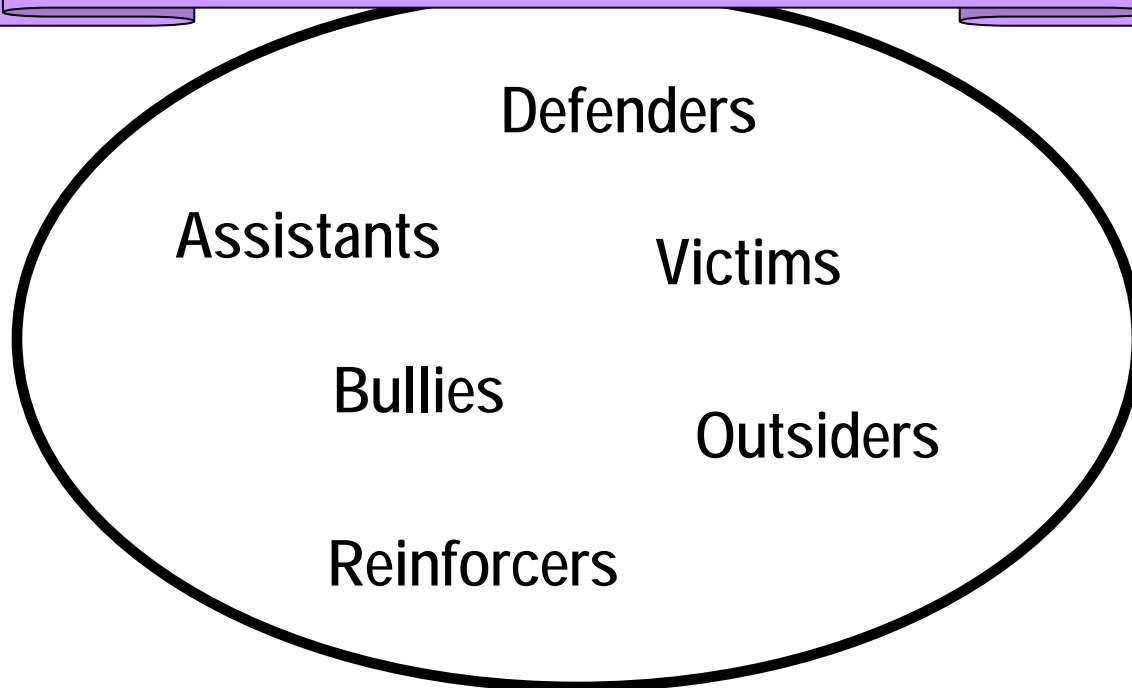
Bullying through electronic forms of contact



Theme 2

Nearly 30% of youth are directly involved in regular bullying, but all are actually involved

BULLYING IS A GROUP PROCESS



Theme 3

Bullying relationships are rarely as straightforward or static as they might seem

BULLYING RELATIONSHIPS ARE DIVERSE & CHANGE OVER TIME

For example,

Child1 & Child2
are close friends

Child1 & Child3
begin to bully Child2

Child2 joins larger peer group &
reinforces group bullying Child1

Child1 befriends Child3
& separates from Child2

Child1 & Child3 separate & have
little interaction with Child2

Theme 4

Bullying can be very damaging,
but youth can grow from these experiences



**BULLYING & BEING BULLIED ARE BOTH
RELATED TO A WIDE RANGE OF PROBLEMS**

Emotional Symptoms

Behavior Problems

Social Troubles

School Issues

Physical Health Concerns

Theme 4

Bullying can be very damaging,
but youth can grow from these experiences



**WITH SUPPORT, YOUTH CAN DEVELOP
SKILLS BY WORKING TO ADDRESS BULLYING**

Social Skills

Assertiveness

Empathy

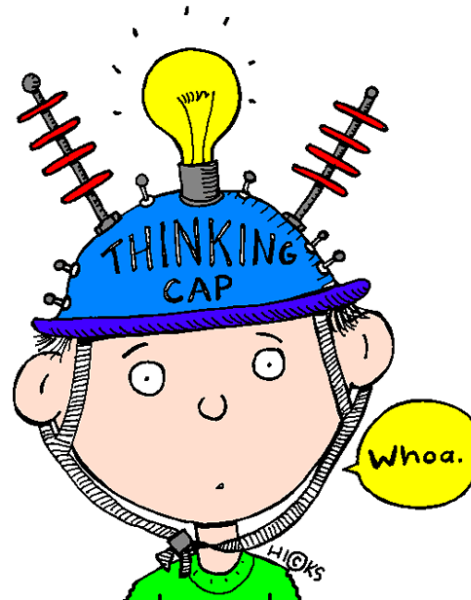
Perspective Taking

Social Problem Solving

Theme 5

In almost all cases, there is no
“quick fix” for addressing bullying

**TO GROW BEYOND BULLYING, YOUTH SHOULD
BE INVOLVED IN WORKING TOWARD SOLUTIONS**



Additional Slides

The Role of Parents



- Talk & learn about bullying together
 - Discuss sexual harassment too
- Make it clear that bullying is wrong
 - Teach tolerance for those who are different
 - Esp. for those disabled, overweight, or LGBT
- Share your own experiences with bullying

*See post-event email for resources on learning about bullying

If your child is bullying or getting bullied

- Talk to gather information
 - Practice *active listening* to learn:
 - Who, what, when, where, how often
 - Also, why & what can be done
 - Avoid quick advice & keep emotions in check
 - Involve child as much as possible in process of planning to address the situation



*See www.family.samhsa.gov/talk/listener.aspx for more information

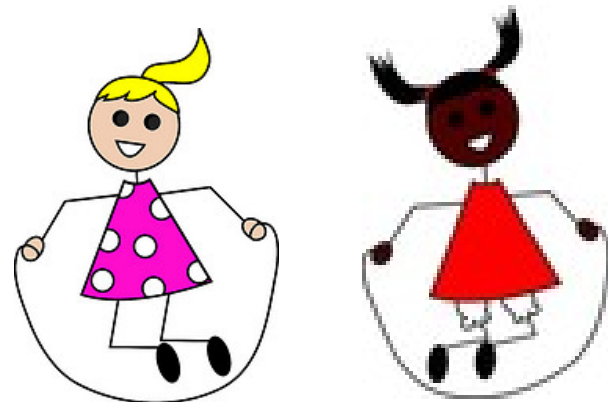
If your child is bullying

- Set clear rules against bullying
 - Praise & reward prosocial behavior
 - Use consequences that encourage them to “make up” for bullying behavior
 - Do something to make the target feel good
- Consider whether bullying happens at home
 - Weight-related teasing common within families



If your child is bullying

- Help them learn to solve social problems, manage their emotions, & consider others' perspectives
- Encourage them to develop talents, interests, & quality friendships
- Seek help from a mental health professional
 - Individual or family therapy
 - Avoid group programs



If your child is getting bullied

- Talk to gather information
 - Direct questions
 - *Have other kids been treating you mean?*
 - Indirect questions
 - *What are the kids in your class like?*
 - Use media (books & movies) to open dialogue



*See post-event email for resources on learning about bullying

If your child is getting bullied

- Contact school or other setting
 - Learn about state laws & school policies
 - Bring any available documentation
 - Emphasize your desire to work with the school
 - Follow up with school regularly
 - Keep your emotions in check



*See www.doe.k12.de.us.org for DE Bully Prevention Law

If your child is getting bullied

- Contact school or other setting
 - Come prepared with a list of possible solutions
 - ✓ Inform all staff about child's bullying
 - ✓ Increased monitoring at certain times
 - ✓ Keep child & bully separate when possible
 - ✓ Seat child in front of class or at front of bus
 - ✓ Enlist a "peer buddy" to help during day
 - ✓ Develop a safe way for child to report bullying
 - ✓ Access to an emotional support person
 - ✓ School-based counseling or social skills training if available

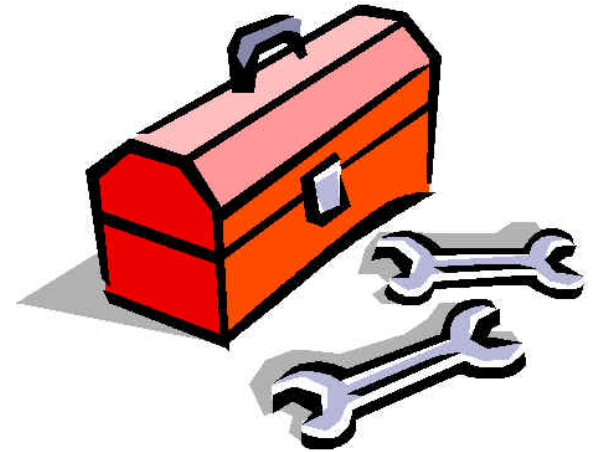
If your child is getting bullied

- Discuss ways to prevent victimization
 - Avoid bullies or bullying “hotspots”
 - Hang around friends or other nice peers
 - Practice looking & acting confident
 - Curb own disruptive social behavior
 - For example, overly bossy, loud, active,...



If your child is getting bullied

- Discuss ways to respond to bullying
 - Stay calm & ignore it
 - Walk away confidently
 - Tell the bully to stop
 - Use humor (e.g., fogging)
 - Ask a friend or adult for help



If your child is getting bullied

- Encourage them to develop talents, interests, & quality friendships
- Contact family-support agencies
 - Parent Information Center: www.picofdel.org
 - DE Bullying Prevention Assoc.: www.bullyprevention.org
- Seek help from a mental health professional
 - Individual or family therapy
 - Social skills training or support groups



The Bullying Support Group

A.I. duPont Hospital for Children

- 5 session program for parents & youth
- Groups for preteens & teenagers
- Covered by many insurance providers
- For more information, call 302-651-4674

Nemours



Alfred I. duPont
Hospital for Children

Nemours
Children's Clinic