

THE ANTI-BULLYING BRIGADE

FROM BYSTANDER TO UPSTANDER

• TIPS TO EMPOWER KIDS •



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Over 70% of kids say they have witnessed bullying. 1 in 4 kids are bullied. Every day, millions of kids are bullied.

Behind every story of bullying is a story of pain and fear.

FOUR QUICK TIPS TO PREVENT BULLYING. IT STARTS AT HOME.

HELP KIDS UNDERSTAND BULLYING

Talk about bullying. Tell kids that bullying is abuse and is not acceptable. Explain what bullying is and is not. Ensure they know how to get help and what to do in a bullying situation.

LEAD BY EXAMPLE

Model behavior: how to treat others, resolve conflict, interact/speak with others. If you see others acting inappropriately, talk about what could have been done differently.

YOUTH PROGRAMS AND ACTIVITIES

Encourage participation in activities and programs outside of school that are of interest to your child, especially things they love. This can build self-esteem and enables kids to interact with new peers.

CHECK-IN OFTEN

Listen to your child. Know their friends. Ask about their day. Look for warning signs or any changes in behavior/attitude. This may sound obvious, but it's important to remember.

QUICK TIPS TO EMPOWER KIDS

Acknowledge that it may be easier to look away and ignore the bullying, but sometimes the hardest thing to do is the right thing to do. It is very important to step in and help others (WHEN IT IS SAFE TO DO SO).

Discourage them from intervening physically.

Help them understand that their silence only gives the bully more power.

Ask how they would want others to respond if they were being bullied. Ask how they would feel if people watched and said nothing.

Explain what empathy is, and ways to show it.

Explain the difference between "tattling" and "reporting": Tattling is trying to get someone IN trouble. Reporting is getting someone OUT of trouble.

Role-play and create unique ideas on how to respond to a variety of potential bullying situations.

Encourage kids to support people who are being bullied: invite them to join in a game at recess, include the child who usually eats lunch alone to join the group, sit together on the bus, if the child is being bullied, whisk him/her away to play elsewhere. They may even make a new friend!

IDEAS YOU CAN USE IMMEDIATELY TO EMPOWER KIDS

Role-playing is often a great way to empower kids and show them safe and effective ways to intervene if they ever see a bullying situation. Some kids communicate more effectively through artwork or writing. Only you know your child, so use whatever you feel would work best for them.

QUESTIONS TO ASK:

Have you ever seen someone being bullied? What happened? What did you do?

Describe ways you can think of to safely help someone if they are being bullied.

What are some examples of physical bullying? Of social bullying? Of cyber/online bullying?

Talk about some examples of non-verbal bullying (hand gestures etc.).

What should you do if you're being bullied and the person you report it to either doesn't believe you or doesn't do anything?

Do people who are bullied need help and support? Why?

What can be done to people who bully to help change their behavior?

IDEAS YOU CAN USE IMMEDIATELY TO EMPOWER KIDS

Problem solving is also a great way to help kids understand that bullying is abuse. It is also a great way to prepare your child if he/she is ever in a bullying situation.

The following scenarios are just a start. Ask your child how he/she would react to each scenario.

You receive a text message with an embarrassing picture of another student who has been mean to you and your friends in the past. What would you do?

You hear that someone you thought was your friend has been spreading mean and untrue rumors about you. What would you do?

You saw someone getting bullied on the playground, and reported it to your teacher. But, the next day the same thing happens. What would you do?

You hear kids laughing at a boy and making fun of him because he takes ballet classes. What would you do?

You are sitting with your friends at lunch, and a new student asks to sit with you. One of your friends says no because there is no room and that your group does not sit with people like that. How would you respond?

You're waiting in line for your turn on the slide. The kid behind you pushes you, telling you to move. Is this bullying? If yes, why? If no, why not (and what would make it bullying?).

You're on the school bus, and you see a group of kids whispering and laughing at a little girl sitting by herself. They are saying that she is a loser and she has no friends. What would you do?

You're invited to a party, but your friend isn't. At the party, some of the kids make jokes about your friend and say mean things about them. What would you do?

