

## **Tips for Dealing with Bullying**

### **What Parents Can Do to Prevent Bullying**

- Read the children's books and visit the websites with your child and discuss the concepts presented.
- Be quick to praise your child for exhibiting good character.
- Be a positive role model. Give your child a good example to follow by making sure your child "catches you" showing good character.
- Use consistent, fair discipline. Try a family behavior system using clear goals with rewards and consequences.

### **What Parents Can Do to Prevent Cyber Bullying**

- Discuss appropriate online behaviors with your child.
- Put computer in a high traffic area of the house.
- Discuss Internet safety & establish rules for online activity.
- Have open communication without fear of punishment.
- Monitor your child's online activity.
- Use filtering and parental control programs.

### **If you are Bullied or Witness Bullying:**

These are some of the slogans we teach students. You can use the same language at home:

- HA HA SO: Help, Assert Yourself, Humor, Avoid, Self-Talk, Own It
- CARE: Creative problem solving, Adult help, Relate and join, Empathy

### **If you are Cyber Bullied**

- Stop communication with bully and especially don't respond or retaliate.
- Block bully from email, IM, or webpage.
- Tell a parent, teacher, counselor, or other trusted adult.
- Save/print the bully's messages.

If further action needs to be taken parents can:

- Contact the bully's parents and calmly inform them about what has happened.
- Inform the school about the situation.
- File a complaint with the website, ISP, or cell phone company.
- If threatened, contact police.

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## **Bullying Resource List for Parents**

The Bully, the Bullied and the Bystander: From Preschool to High School: How Parents and Teachers Can Help Break the Cycle of Violence. By Barbara Coloroso

Bullying At School: What We Know and What We Can Do. By Dan Olweus

Bullies, Targets and Witnesses: Helping Children Break the Pain Chain. By SuEllen Fried and Paula Fried.

Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence. By Rosalind Wiseman

Just Kidding & My Secret Bully. By Trudy Ludwig

Cliques, Phonies & Other Baloney & Bullies are a Pain in the Brain. By Trevor Romain

Bullying in the Girls' World. By Diane Senn

Simon's Hook: A Story about Teases and Put-downs. By Karen Gedig Burnett

Stop Picking on Me: A First Look at Bullying. By Pat Thomas

Have you Filled a Bucket Today? A Guide to Daily Happiness for Kids. By Carol McCloud

How Full is Your Bucket? By Tom Rath and Mary Reckmeyer

Alley Oops. By Janice Levy

Nobody Knew What to Do. By Becky McCain

### **Websites**

<http://www.pacerkidsagainstbullying.org>

<http://www.stopbullyingnow.hrsa.gov>

<http://www.education.com/topic/school-bullying-teasing>

<http://www.bullying.org>

## **Cyber Bullying Resource List**

All of the websites below are listed on my website:

<http://chalstater.weebly.com/internet-safety.html>

### **Cyber Bullying**

National Crime Prevention Council <http://www.ncpc.org/>

iSAFE <http://isafe.org/>

Stop Cyberbullying <http://www.stopcyberbullying.org/>

GetNetWise <http://kids.getnetwise.org/safetyguide/age/>

Boston Public Library- Netiquette for Kids <http://www.bpl.org/kids/netiquette.htm>

Center for Safe and Responsible Internet Use <http://www.cyberbully.org/>

National Center for Missing and Exploited Children

[http://www.missingkids.com/missingkids/servlet/PageServlet?LanguageCountry=en\\_US&PageId=3601](http://www.missingkids.com/missingkids/servlet/PageServlet?LanguageCountry=en_US&PageId=3601)

### **Text and Instant Messaging Abbreviation Resources**

National Center for Missing and Exploited Children- Chat Abbreviation List

[www.missingkids.com/adccouncil/pdf/lingo/onlinelingo.pdf](http://www.missingkids.com/adccouncil/pdf/lingo/onlinelingo.pdf)

transL8it! [www.transl8it.com](http://www.transl8it.com)

### **Age Appropriate Computer Use Guidelines**

Healthy Children-The Internet and Your Family <http://www.healthychildren.org/English/family-life/Media/pages/The-Internet-and-Your-Family.aspx?nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nfstatusdescription=ERROR%3a+No+local+token>

Education.com <http://www.education.com/facts/quick-facts-digital-world/recommended-ages-screen-time/>