

Tips for parents...

1. Parents can help stop bullying. Don't be afraid to call the school and report the bullying. Ask for help.
2. Keep a written record of all bullying incidences.
3. Ask for a meeting with your child's teacher to discuss the situation. If the teacher is aware of the bullying, ask what procedures are in place to deal with it. Schedule a follow up appointment to track progress.
4. If no improvement is made, ask to speak with the principal. Review all of your notes with the principal on the bullying incidents and teacher conferences.
5. Never allow a joint meeting with your child and the child who has bullied. This is not a conflict, your child is a victim.
6. DO NOT BLAME YOUR CHILD.
7. If the principal is unable or unwilling to stop the bullying, put your complaint in writing. Send your letter and supporting documentation to the principal and the Superintendent of Schools.

Helpful Resources

- www.stopbullyingnow.hrsa.gov
- www.bullies2buddies.com
- www.kidshealth.org
- www.bullying.org

When should law enforcement get involved...

If your child has been physically assaulted or your child has been threatened with bodily harm.

In addition...

1. If the bullying persists, you may want to consult an attorney.
2. Ask the teacher and school administrators to keep records of all bullying offenses should law enforcement needs the information.

Bullying Prevention...

Bullying happens in all schools. If your child is being bullied, chances are that other children are being bullied as well. An effective bullying prevention program can help reduce bullying. If your child's school does not have anti-bullying policies or a bullying prevention program, work with other parents and school personnel to develop one.

**Enjoy teaching, laughing,
learning and loving your child!!
You're both worth it!!**



For additional FREE downloadable information please visit:
www.childrenwithoutavoic usa.org
email@childrenwithoutavoic usa.org

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THE BASICS OF BULLYING



Children Without A Voice USA
501(c)(3) Registered Non-Profit
PO Box 4351
Alpharetta, GA 30023

What is bullying?

Bullying is when someone intentionally and repeatedly hurts or scares another person whom is unable to defend him/herself.

Examples of bullying include:

- **Physically hurting someone.**
(punching, shoving, etc.)
- **Spreading hurtful rumors.**
- **Malicious teasing.**
- **Ganging up on someone or intentionally isolating someone from joining a group.**
- **Cyber bullying:**
Sending mean texts, emails, instant messages, blogs and social network messages; using someone else's username to spread rumors.



Are you a bully?

If you are hurting or threatening someone using your size, strength or popularity to do so, you're bullying. Admitting you're a bully takes guts! Acknowledging your negative behavior is the first step towards changing it.



Some tips towards treating others with respect...

1. Think about what you are doing. Put yourself into your victim's shoes. Think about how it makes them feel, how you would feel if someone bigger or more popular intimidated you. Try not to bully again.
2. Speak with an adult, a parent, teacher, school counselor or someone you trust. They'll know how to end the cycle of abusive bullying or they will refer you to professionals who can.

Helpful Resources...

If you need to talk to someone anonymously, please call the National Hotline at: **800.999.9999**

Are you bullied?

You are not alone! Even though you may feel helpless, there are things you can do:

1. Always tell an adult who is someone you can trust and talk to. If you've told an adult and nothing was done, tell another adult until someone helps you.
2. Stay in a group whenever possible; you will be less of a target.
3. If you feel safe doing it, stand up to the bully without fighting. If this is too hard, walk away.
4. If you are bullied online, DON'T REPLY! Tell an adult.
5. Join clubs or activities where you can meet other kids.

What NOT to do if you are bullied...

1. Think it's your fault.
2. Fight back or bully a person back.
3. Keep it to yourself and hope it will go away.
4. Skip school or avoid activities because you are afraid.
5. Think you're a tattletale if you tell an adult.
6. Hurt yourself.