

Do

- Listen and believe your child
- Teach social skills
- Nurture empathy
- Closely monitor TV viewing, video games and computer activities
- Promote a strong sense of self and confidence in your child
- Develop a strong home-school relationship
- If bullying happens at school, contact a school staff member for assistance
- Keep a written record of bullying occurrences
- Consider legal intervention as an option if bullying continues

Do Not

- Do not minimize or make excuses for bullying behaviors
- Do not rush in to resolve the bullying problem for your child
- Do not tell your child to avoid the bully
- Do not confront the bully or the bully's parents alone
- Do not encourage physical aggression

Resources

FOR CHILDREN

Bullies Are a Pain in the Brain, by Trevor Romain

How to Handle Bullies, Teasers and Other Meanies by Kate Cohen-Posey

Move Over Twerp, by Martha Alexander

Pinky and Rex and the Bully, by James Howe

Tyrone the Horrible, by Hans Wilhelm

Why Is Everybody Always Picking on Me, by Terrence Webster-Doyle

FOR PARENTS

Bullies and Victims: Helping Your Child Through the Schoolyard Battle, by SuEllen and Paula Fried

Queen Bees & Wannabes, by Rosalind Wiseman

Teaching Your Children Sensitivity, by Linda & Richard Eyer

The Bully, the Bullied, and the Bystander, by Barbara Coloroso

COMMUNITY RESOURCES

Your school social worker, counselor or psychologist can help with identification of community services. Your phone book also lists available resources in the blue pages under Counselors, and in the yellow pages under Marriage and Family Counselors, Psychologists, Counseling, etc.





**NEBRASKA FAMILY
HELPLINE**

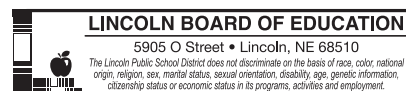
1-888-866-8660
For the hearing and speech impaired with
TTY equipment call 1-888-556-5117

www.nebraskafamilyhelpline.ne.gov

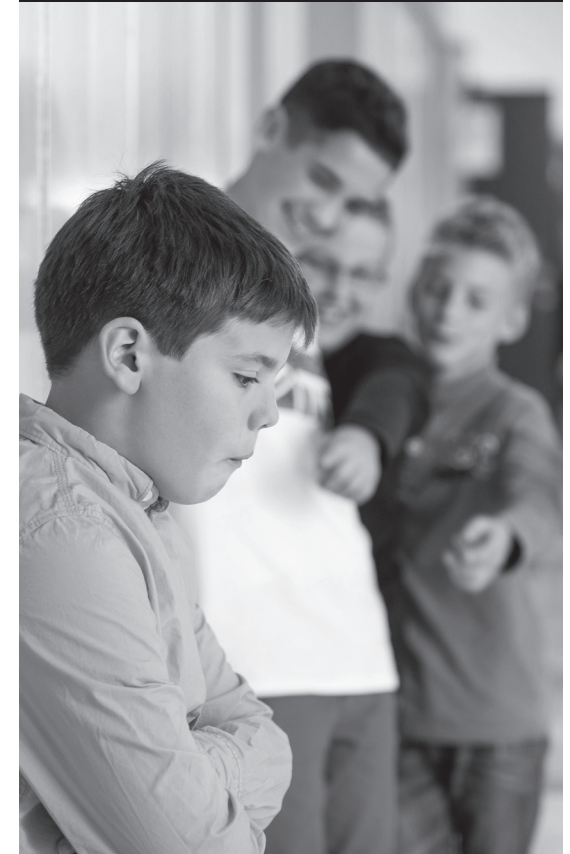
- Trained counselors 24/7/365
- Children's behavioral issues
- Parent/child conflict resolution
- Youth mental health referrals

Need help? Don't know where to start?
Dial 2-1-1 or go to www.ne211.org.

*Provided by LPS School Social Workers
BECAUSE FAMILIES MATTER*



The Facts About Bullying



Bullying

is a serious problem that can lead to years of pain and unhappiness. It is a basic right for a child to feel safe and to be spared the hurt and pain from being bullied.

 **Lincoln Public Schools**
Department of Student Services

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Bullying is any repeated hurtful or aggressive act that is used to intentionally frighten or intimidate others who are weaker or smaller.

Bullying involves a real or perceived imbalance of power between the bully and the victim.

Bullies recognize and use their physical, social, or emotional power over others. They feel a sense of entitlement and justification for their actions.

Bullying is not just a problem in schools. Bullying occurs in families and neighborhoods. Media images and messages contribute to the idea that bullying is acceptable. Today even cell phones and computers have become instruments of bullies.

What is Bullying?

While bullying is not a new phenomenon, how society views it has changed.

A FEW EXAMPLES OF BULLYING INCLUDE

- Threatening words, looks or gestures
- Pushing, hitting, knocking books out of student’s hands
- Intentionally leaving people out.
- Spreading hurtful rumors
- Writing nasty notes
- Using indecent gestures and/or other forms of sexual harassment
- Demanding money, property or service
- Intolerance to differences (race, religion, disability, gender, nationality or sexual orientation, etc.)



What About the Targets?

Targets of bullying may be afraid to let others know what is happening to them.

TARGETS MAY

- Blame themselves
- Fear retaliation
- Feel alone, ashamed, scared, and helpless
- Laugh or pretend to go along with the bullying
- Believe that no one can help them
- Not want to be seen as a weakling or tattler
- Not want to worry their parents
- Suffer academically
- Have physical complaints (stomachaches, headaches, etc.)
- Want revenge

How Teasing Differs

Teasing is not intended to cause harm and it ceases when the person teased becomes upset or objects to the teasing.

TEASING

- Is enjoyable for both parties
- Leaves the individual’s dignity intact
- Allows the teaser and the person being teased to swap roles
- Stops when the person teased becomes upset or objects to the teasing

What About the Bystanders?

Most acts of bullying are witnessed by other children, who rarely come to the aid of their classmates.

BYSTANDERS MAY

- Be relieved that they are not the target
- Be afraid to intervene out of concern of becoming a target or being hurt
- Be afraid they will make the situation worse
- Feel helpless or frozen with fear
- Feel guilt and shame for doing nothing to stop a bullying incident
- Be entertained by the bullying; it may seem exciting to them
- Wish adults would do something
- Believe the bullying is not their concern
- Support the bullying but do not take an active part

What Young People Can Do

- Learn your school rules and regulations regarding bullying and harassment
- Let others know that you believe that bullying is not O.K.
- Seek help if you or someone else are being bullied
- Let adults help

Asking for help is not ratting!

Ratting is telling just to get someone in trouble, to get your own way, or to just make yourself look good at someone else’s expense.



What Parents Can Do

- Notice and talk about any changes in your child’s behavior
- Ask if your child understands what bullying is and who can help
- Ask your child how peers treat them
- Tell your child that bullying is wrong and unsafe and that adults need to know if bullying is occurring
- Teach your child ways to “talk it out” not “fight it out”
- Teach your child to take action when they see others being bullied
- Teach your child there is safety in numbers
- Learn the rules and regulations regarding bullying and harassment at your child’s school
- Contact a school staff member for assistance if bullying happens at school