

# TELLING VS. TATTTLING

There is a difference telling and tattling.

► Telling is done to protect yourself or another student from harm.

► Tattling is done to get the person in trouble.

Understand that it's okay to tell an adult when you see or hear about bullying, violence or risky behavior.

Learn  
ON ME



the Bullying

Kentucky Center for School Safety [www.kysafeschools.org](http://www.kysafeschools.org)



# CONFLICT VS. BULLYING

CONFLICT

- ▶ Equal power-friends
- ▶ Happens occasionally
- ▶ Accidental
- ▶ Equal emotional reaction
- ▶ Not seeking power or attention
- ▶ Remorse
- ▶ Effort to solve problem

BULLYING

- ▶ Imbalance of power -not friends
- ▶ Happens repeatedly
- ▶ Purposeful
- ▶ Strong emotional reaction on part of the victim
- ▶ Seeking power, control
- ▶ No remorse - blames victim
- ▶ No effort to solve problem

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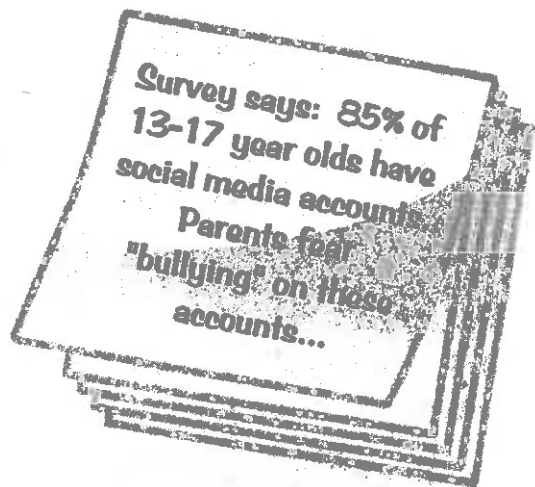
## SUGGESTIONS FOR PARENTS

# Cyber-Bullying

Cyber-bullying can range from rude comments to lies, impersonations, and threats, therefore your responses may depend on the nature and severity of the cyber-bullying.

Here are some actions that you may want to take after-the-fact.

- **Strongly encourage** your child not to respond to the cyber-bullying.
- **Do not erase** the messages or pictures. Save these as evidence.
- **Try to identify** the individual doing the cyber-bullying. Even if the cyber-bully is anonymous (e.g., is using a fake name or someone else's identity) there may be a way to track them through your Internet Service Provider.
- If the cyber-bullying is coming through e-mail or a cell phone, it **may be possible to block** future contact from the cyber-bully.
- **Contact your school.** If the cyber-bullying is occurring through your school district's Internet system, school administrators have an obligation to intervene. Even if the cyber-bullying is occurring off campus, make your school administrators aware of the problem. They may be able to help you resolve the cyber-bullying or watchful for face-to-face bullying.
- **Contact the police** if cyber-bullying involves acts such as:
  - Threats of violence
  - Extortion
  - Obscene or harassing phone calls or text messages
  - Harassment, stalking, or hate crimes
  - Child pornography



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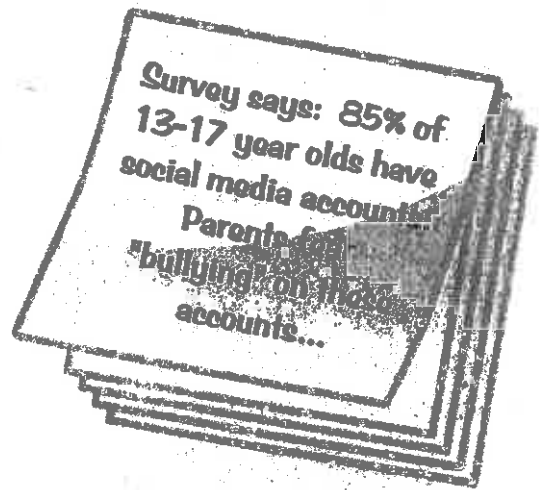
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# bullying

Many episodes of violent crime have their roots in a bully/victim struggle. However, there are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. Research has revealed that there is another group of individuals who are often targeted as well. These have been "provocative" victims, because they provoke, or hassle others.

## Characteristics of Victims

1. Rarely tell about being bullied because they think will make matters worse.
2. Don't think adults can or will help.
3. Are repeatedly teased in a nasty way, called names, belittled, ridiculed, intimidated, degraded, threatened, given orders, dominated.
4. Are made fun of and laughed at by others.
5. Get picked on, pushed around, shoved, punched, hit, kicked.
6. Are involved in "quarrels" or "fights" in which they are unfairly defenseless and from which they try to withdraw (maybe crying).
7. Have their books, money or other belongings taken, damaged or scattered around.
8. Have bruises, injuries, cuts, scratches or torn clothing that cannot be given a natural explanation.
9. Are (often) alone and excluded from the peer group during breaks and lunch time, do not seem to have a single good friend.
10. Are chosen among the last in team games.
11. Sometimes carry weapons to protect themselves.
12. Show sudden or gradual deterioration of school work.

Remember... long term effects of bullying include:

- Poor academic performance
- Anxiety and lack of interest in socializing
- Aggression or withdrawal toward others
- Depression and suicidal thoughts

**Every 7 minutes**  
a child is bullied and 85% of the time no one is there to intervene. In other words, you could say that everyone in the community suffers when bullying behavior occurs.

KENTUCKY CENTER FOR SCHOOL SAFETY



For More Information:  
[www.kysafeschools.org](http://www.kysafeschools.org)



# bullying

**Bullying happens** when a person with greater power takes unfair advantage of a less powerful person and these negative actions are repeated into a pattern of behavior. Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural or ethnic power, level of intelligence, popularity, gender, etc. Bullying is the persistent abuse of an underdog. The bully watches for opportunities to pick on the victim and the victim feels tormented and defenseless.

## Characteristics of Bullies

1. Strong desire for power and control over others.
2. Physical strength greater than average for own age, and greater than victims.
3. Age usually older than victim's.
4. Average or above average self-esteem.
5. Charming manipulators.
6. Low-average to above-average popularity outside of own group of followers.
7. Remorseless.
8. Continual tormenting of victims.
9. Lack of empathy or understanding for others, lack of conscience.
10. Defiant attitude toward authority, refusal to follow rules sometimes violent behavior toward parents and teachers.
11. Actions become worse when a victim fights back.
12. Thrive on dominance and control.
13. Enjoyment in bullying others.

**Survey says:**

Approximately 60% of bullies who are bullies in 6-8th grades

6-8th grade survey conducted by...

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Information: schools.org



# Help Your Child Recognize the Signs of Bullying

Children may not always realize that they are being bullied. They might think it is bullying only if they are being physically hurt; they might believe the other child is joking; or they may not understand the subtle social norms and cues. Children can benefit from a definition of the differences between friendly behavior and bullying behavior. **The basic rule: Let children know if the behavior hurts or harms them, either emotionally or physically, it is bullying.**

Parents can prepare themselves to talk with their children by considering how they are going to respond to their child's questions and emotions. They can also decide what information they would like to give their child about bullying.

Parents should be ready to:

- **Listen.** It is the child's story; let him or her tell it. They may be in emotional pain about the way they are being treated.
- **Believe.** The knowledge that a child is being bullied can raise many emotions. To be an effective advocate, parents need to react in a way that encourages the child to trust.
- **Be supportive.** Tell the child it is not his fault and that he does not deserve to be bullied. Empower the child by telling her how terrific she is. Avoid judgmental comments about the child or the child who bullies. The child may already be feeling isolated. Hearing negative statements from parents may only further isolate him or her.
- **Be patient.** Children may not be ready to open up right away. Talking about the bullying can be difficult because children may fear retaliation from the bully or think that, even if they tell an adult, nothing will change. The child might be feeling insecure, withdrawn, frightened, or ashamed.
- **Provide information.** Parents should educate their child about bullying by providing information at a level that the child can understand.
- **Explore options for intervention strategies.**

Parents can discuss options with their child to deal with bullying behavior.

## Questions to Ask Your Child about Bullying

Open-ended questions will help the child talk about his or her situation. Begin with questions that address the child's environment. For example, "How was your bus ride today?" or "Have you ever seen anyone being mean to someone else on the bus?" Then move on to questions that directly affect the child such as, "Are you ever scared to get on the bus?" or "Has anyone ever been mean to you on the bus?"

If the child is talking about the situation, parents can help their child recognize bullying behavior by asking more questions such as:

- Did the child hurt you on purpose?
- Was it done more than once?
- Did it make you feel bad or angry? How do you feel about the behavior?
- Did the child know you were being hurt?
- Is the other child more powerful (i.e. bigger, scarier) than you in some way?

For the child who is reluctant to talk about the situation, questions may include:

- How was gym class today?
- Who did you sit by at lunch?
- You seem to be feeling sick a lot and want to stay home. Please tell me about that.
- Are kids making fun of you?
- Are there a lot of cliques at school? What do you think about them?
- Has anyone ever touched you in a way that did not feel right?

## Reactions to Avoid

When children choose to tell their parents about bullying, parents might have one of three responses.

1. Tell their child to stand up to the bully
2. Tell their child to ignore and avoid the bully
3. Take matters into their own hands

PACER's National Bullying  
Prevention Center®

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952.836.1159 Fax  
PACER@PACER.org

PACER.org/Bullying  
PACERKidsAgainstBullying.org  
PACERTeensAgainstBullying.org

While these reactions express **genuine caring, concern, and good intentions** – and often reflect what parents were told by their own parents or other adults – they are likely to be ineffective. Parents may feel better for having taken action, but these reactions can have harmful consequences. Here's why these responses will likely be unsuccessful:

1. Tell your child to stand up to the bully – This can imply that it is your child's responsibility to handle the situation. While there is a ring of truth to this statement (being assertive is often a good response) sending your child back into the situation without further information will probably cause more harm. A more effective response is to brainstorm options with your child about what you can do as a team to respond to the situation.
2. Tell your child to ignore the bully – This is easier said than done. Your child has probably tried ignoring the situation, which is a typical response for children. If that method had been effective, however, there wouldn't be a need for the child to seek your help. It is difficult to ignore someone who is sitting behind you on the bus or next to you in class.
3. In addition, if the student who is bullying realizes that their target is purposefully "ignoring" them, it can actually ignite further bullying, since that response provides the sense of power and control the student seeks.
4. Take matters into your own hands – A normal gut response from parents is to try to fix the situation and remove their child from harm. For example, a parent might call the parents of the student who is bullying, or directly confront the bully. Remember, when children tell a parent about bullying, they are looking for the parent to guide them to a solution that makes them feel empowered. Involve them in the process of determining next steps. Typically, calling the other parent or directly confronting the bullying student is ineffective. It is best to work through the school and implement steps to respond.

#### **It is important to Help Your Child Know That They Are Not Alone**

- **You are not alone.** Many children feel that they are the only ones who are bullied and that no one cares. Let them know that there are people who do care.
- **It is not up to you to stop the bullying.** It is never the responsibility of the child to change what is happening to them.
- **Bullying happens to a lot of kids but that NEVER makes it right.** Let your child know that bullying happens in small schools, large schools, rural schools, and city schools. It can happen in preschool, high school, and every school in between. It happens in Australia, Argentina, and all around the globe. Certain people will say that some kids deserve to be bullied because of the way the child looks or acts, but this is simply not true.

- **No one deserves to be bullied.** Everyone deserves respect. All students have the right to be treated with dignity and respect, no matter what.
- **We all need to work together.** Everyone is responsible for addressing bullying. The community, schools, parents, and students all play a role.

#### **PACER Resources**

##### **Student Action Plan**

[pacer.org/bullying/pdf/StudentActionPlan.pdf](http://pacer.org/bullying/pdf/StudentActionPlan.pdf)

Are you an educator working with a student being bullied, a parent looking for ways to help your child change their behavior, or a student who wants to take action against bullying but you aren't sure what to do? As a student, bullying is something that impacts you, your peers, and your school – whether you're the target of bullying, a witness, or the person who bullies. Bullying can end, but that won't happen unless students, parents, and educators work together and take action.

The first step is to create a plan that works for you and your situation. This student action plan is an opportunity for you – either on your own or with parents and teachers – to develop a strategy to change what's happening to you or someone else. It's your chance to make a difference.

##### **Advice Gone Wrong**

[pacerteensagainstabullying.org/#/listen/advice-gone-wrong](http://pacerteensagainstabullying.org/#/listen/advice-gone-wrong)

An interactive teen perspective (written by teens for adults) on unhelpful advice from parents and educators.

##### **Inside Story**

[pacerteensagainstabullying.org/#/listen/inside-story](http://pacerteensagainstabullying.org/#/listen/inside-story)

An interactive look, from a teen perspective, at some of the reasons students don't talk about bullying. Meet Pete. He is a dude with a lot going on inside, and he has zeroed in on some of the reasons that students don't tell an adult about bullying.

##### **We Need To Talk – Video**

[pacerteensagainstabullying.org/#/listen/we-need-to-talk-video.html](http://pacerteensagainstabullying.org/#/listen/we-need-to-talk-video.html)

Teens have their turn talking about what is helpful and what they want parents to know.



# Lean ON ME



## What is Bullying?

Bullying happens when a person with greater power takes unfair advantage of someone less powerful. These negative actions are often repeated, becoming a pattern of behavior.

Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural, social or ethnic power, level of intelligence, an ability, popularity, gender, etc.

Bullying is the persistent abuse of someone who is weaker. The bully watches for opportunities to pick on the victim and the victim feels tormented and defenseless. There are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. However, research doesn't follow that ideology and anyone can become a victim of bullying.

## Have they been guilty of bullying someone else?

Place a check in the box next to the bullying action your child has participated in.

- Hit, kick, or push to hurt someone
- Use words to call names, tease, or scare people
- Said or written mean things about someone
- Grabbed or broken another kid's property
- Made fun of someone
- Left a classmate out of a group on purpose
- Sent an angry email/text message that offended a classmate
- Feel good when putting down others

If you checked more than one box, your child might be a bully. If so, you should go talk to your teacher, or school counselor and work a plan.

Recognizing bullying behavior in children is the most important step.

## Parents: How to talk about bullying

Here are a few tips:

▶ Help kids understand bullying. Talk about what bullying is and how to stand up to it safely.

▶ Keep the lines of communication open. Know their friends, ask about school, and understand their concerns.

▶ Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence.

▶ Model how to treat others with kindness and respect.

For more information:  
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## Learn ON ME



### What's with those Bullies?

There are a lot of reasons why some people bully. They may see it as a way of being popular, or making themselves look tough and in charge. Some bullies do it to get attention or things, or to make other people afraid of them.

- Bullies might be jealous of the person they are bullying.
- They may be being bullied themselves.

Some bullies may not even understand how wrong their behavior is and how it makes the person being bullied feel.

### 5 Tips for parents to prevent bullying

1. **Be consistent about rules and discipline**, and involve your child in setting rules/consequences whenever possible. Explain to them what you expect and what the consequences will be for not following rules BEFORE they are enforced.
2. **Use a positive approach to changing behavior** by emphasizing good behavior rather than punishing bad behavior. Praise and affection can be the best rewards for children. Too many rewards, however, discourage development of internal values systems.
3. **Accompany your children to supervised activities** and watch how they get along with others. Teach your children non-aggressive ways to solve problems by discussing problems with them and asking them to consider what might happen if they use violence to solve problems.
4. **Demonstrate values of respect, honesty and pride** in your family and heritage with your actions. These are important sources of strength for children, especially when they are confronted with negative peer pressure.
5. **Model involvement and service in your community** for your children by volunteering in a variety of activities as an individual and as a family.

### Parents: Watch OUT online!

In chat rooms on MySpace or Facebook, on IM or texts, others might pretend to be someone they

are not. Ask your child to meet them in person. They should tell you immediately if one of their online "friends" wants to meet them face-to-face. If they receive unwanted and nasty emails, texts, IMS or have something posted on a website that makes fun of them, they should tell a trusted adult immediately, and keep telling until someone listens.

Don't share information like your child's name or address because it can be used to harm your child.

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Explain they never should give out identifying information; like schools name or mascot because people can use personal information to contact your child or hurt them.



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*Monroe County Schools*

*Believe in students, Believe in yourself, Believe in Monroe County*

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