

UNDERSTANDING BULLYING

A guide for parents and families

TABLE OF CONTENTS

For Parents

Podcast and Media- 2

Preventing Bullying - 3&4

For Families

Understand to Upstand- 5

I Can Stop Bullying- 6



WHAT IS BULLYING?

Bullying is pattern of aggressive or intimidating behaviors intended gain power and control over another person. When bullying occurs via technology (i.e. text, phone, internet, social media, etc.) it is known as **cyberbullying**.



There are many red flags that indicate that someone is being bullied or cyberbullied. Knowing the signs can help you intervene and support them.

Bullying can happen to anyone, and can take many different forms. Bullying often causes feelings of shame or embarrassment, and can increase a person's risk of depression, anxiety, and substance use. Bullying can impact a person's self-esteem, their sense of safety, and their health.

Finding a safe way to intervene, or offering your love and support, can go a long way towards helping a person who is being bullied feel safer.

Multimedia Resources:

Learn More About Bullying

Tune in to our podcast, Safe Keeping

Join SAH Staff as we discuss how understanding the types and impact of bullying can help you to support youth who have experienced bullying. Bullying impacts not only the person being harmed, but their family, friends and school community. Tune in to learn more when the new episode airs on 9/23!



**Understanding Bullying to
Make a Change**

View our webisode on cyber abuse



Did you know that cyber abuse can occur across many different apps and mediums like phone, computer, and tablet? Even though cyber abuse does not occur in "real life", it can still have impacts/be impactful. To learn more about protecting against cyber abuse, visit our [YouTube](#) channel and tune in to our mini-webisode.

PREVENTING BULLYING

Identity-based bullying is when someone experiences bullying based on a characteristic of who they are or are perceived to be.

These characteristics can be related to:

Gender

Race

Socio-economic class or status

Sexual identity

Differing abilities
and more

Children begin to take in messages and learn about human differences at a very early age from many places including family, friends, media and other social outlets. These messages can be grounded in bias, prejudice, and stereotypes., even unintentionally

Name-calling, teasing and bullying are serious issues and can escalate. Avoiding statements like, "Kids will be kids..." or "He didn't mean anything by that comment; he was just kidding" can support survivors of bullying to feel heard and validated.

It is never the person experiencing bullying's fault that they are being bullied. A person is not bullied because of their gender or race, or other identity. A person is bullied because others are biased against that group.

Consider these questions to determine what supportive next steps to take:

- What is the history between the kids involved?
- Have there been past conflicts?
- Is there a power imbalance?
- Has this happened before?



WHAT CAREGIVERS & CARING ADULTS CAN DO:

FOR YOUTH BEING BULLIED	FOR YOUTH ENGAGING IN BULLYING BEHAVIORS
<p>SETTING BOUNDARIES CAN HELP KEEP YOUTH SAFE. TALK TO YOUTH ABOUT HOW TO SET PHYSICAL AND EMOTIONAL BOUNDARIES FOR THEMSELVES. SUPPORT THEM IN HOW TO RESPOND WHEN OTHERS MAY NOT RESPECT THOSE BOUNDARIES.</p> <p>i honor my boundaries</p>	<p>SUPPORT YOUR CHILD BY REMINDING THEM BOUNDARIES HELP US TO HAVE HEALTHY RELATIONSHIPS. BOUNDARIES TEACH US WHAT BEHAVIORS A PERSON LIKES AND DISLIKES SO THAT WE CAN BE RESPECTFUL OF THEIR NEEDS AND WANTS.</p> <p>REMIND YOUTH OF COPING SKILLS THEY CAN USE IF THEY ARE FEELING HURT OR REJECTED BY A BOUNDARY.</p>
<p>BUILD POSITIVE SELF-ESTEEM AND PRACTICE SELF-LOVE</p> <p>YOUTH WHO FEEL CONFIDENT AND HAPPY WITH THEMSELVES ARE MORE LIKELY TO SHOW RESILIENCE IF THEY DO EXPERIENCE BULLYING.</p> <p>YOU CAN SUPPORT BUILDING POSITIVE SELF-ESTEEM BY:</p> <p>PRACTICING POSITIVE SELF-TALK TRY SOMETHING LIKE "I LIKE MYSELF, I AM KIND TO MYSELF."</p> <p>HAVING YOUTH EXPLORE WHAT THEY LIKE ABOUT THEMSELVES, WHAT THEY DO TO MAKE THEMSELVES HAPPY, AND HOW THEY PRACTICE SELF-CARE.</p> <p>CELEBRATE YOUTH'S UNIQUENESS AND WHAT IS SPECIAL ABOUT THEM.</p>	<p>BUILD POSITIVE SELF-ESTEEM AND PRACTICE SELF-LOVE</p> <p>YOUTH WHO FEEL CONFIDENT AND HAPPY WITH THEMSELVES ARE LESS LIKELY TO ENGAGE IN BULLYING BEHAVIORS TOWARDS OTHERS.</p> <p>YOU CAN SUPPORT BUILDING POSITIVE SELF-ESTEEM BY:</p> <p>PRACTICING POSITIVE SELF-TALK TRY SOMETHING LIKE "I LIKE MYSELF, I AM KIND TO MYSELF."</p> <p>HAVING YOUTH EXPLORE WHAT THEY LIKE ABOUT THEMSELVES, WHAT THEY DO TO MAKE THEMSELVES HAPPY, AND HOW THEY PRACTICE SELF-CARE.</p> <p>CELEBRATE YOUTH'S UNIQUENESS AND WHAT IS SPECIAL ABOUT THEM.</p>
<p>TALKING CAN REASSURE KIDS THAT THEY CAN TURN TO THEIR PARENTS IF THEY NEED SUPPORT.</p> <p>START CONVERSATIONS ABOUT DAILY LIFE AND FEELINGS WITH QUESTIONS LIKE THESE TO KEEP COMMUNICATION OPEN:</p> <p>WHAT WAS ONE GOOD THING THAT HAPPENED TODAY? ANY BAD THINGS? WHAT IS LUNCH TIME LIKE AT YOUR SCHOOL? WHO DO YOU SIT WITH? WHAT DO YOU TALK ABOUT?</p>	<p>TALKING CAN REASSURE KIDS THAT THEY CAN TURN TO THEIR PARENTS IF THEY NEED SUPPORT.</p> <p>START CONVERSATIONS ABOUT BULLYING WITH QUESTIONS LIKE THESE:</p> <p>WHAT DOES "BULLYING" MEAN TO YOU? HAVE YOU OR YOUR FRIENDS LEFT OTHER KIDS OUT ON PURPOSE? DO YOU THINK THAT WAS BULLYING?</p> <p>DO YOU EVER SEE KIDS AT YOUR SCHOOL BEING BULLIED BY OTHER KIDS? HOW DOES IT MAKE YOU FEEL?</p> <p>HAVE YOU EVER TRIED TO HELP SOMEONE WHO IS BEING BULLIED?</p>



Understand to Upstand

KNOW THE RED FLAGS OF BULLYING

Understanding the impact of bullying is the first step on the journey to helping others. **Upstanders** actively take steps to safely provide support to those who need it!

SECRETIVE

Youth who are being bullied may switch screens or close programs on their computer or phone when others are nearby. Youth may also avoid discussions about their online activity or in-person peer groups.



NERVOUS OR WITHDRAWN

Youth may appear nervous when a message appears, or when looking at their computer or phone. Nervousness might also happen when you mention a certain individual or when you ask about school or peers. Nervous behaviors might include seeming stressed or "jumpy." Youth may withdraw from friends, family and activities as a result of being bullied.



LOW SELF-ESTEEM

Youth may view themselves negatively as a result of bullying. They may express feelings of hopelessness or worthlessness.

JOE TORRE

SAFE AT HOME.



I Can Stop Bullying by...

Circle all the ways that you can stop bullying in your school or community.

Standing up for others

Thinking about my words
before I speak

Being kind to myself

Exercising

Eating healthy

Reminding myself
things I like about being me

Watching TV

Not spreading
rumors/gossip

Being kind to others

Talking to trusted
adults

Accepting friends
online who I know in
person

How My Words Help Others

Fill in what you would say in each of the following situations

If I see a classmate using words to
hurt a friend I can say...

If words hurt someone else,
I can say...

If someone in my school is bullying
me, I can tell a trusted adult by
saying...

If I hear a rumor that I know is
untrue, I can say

