

How Can Children Help Themselves?

- T Do admit that bullying behavior is unfair and unjustified.
- T Don't believe what the child who bullies says of you, instead believe in yourself.
- T Do stand up for yourself, and if needed take assertiveness training.
- T Do pay attention to your body language. Hanging your head and hunching over, may make you appear vulnerable.
- T Don't let the child who bullies see they have upset you - they may become bored and leave you alone.
- T Do use humor to disarm a child who bullies.
- T Don't suffer in silence - talk to someone you trust. Tell a person in authority, giving as many details as you can. Take along a friend, if you're scared to do it alone.
- T Do recognize, if you are a child who bullies, that your behavior hurts others.
- T Do ask your parents, friends, or guidance counselor to help with your bullying behavior.



What Else Can We Do?

Bullying in school can only be solved if parents, teachers and pupils work in partnership with the community to find solutions..



Resources

Books

- Agassi, M. (2002) Hands are Not for Hitting. Minneapolis, MN: Free Spirit Publishing
- Nesbitt, W. (1999) Blackened Eyes and Bruised Souls: A Portrait of Bullying. Manitoba Council for Exceptional Children & Newfoundland Council for Exceptional Children.
- Coloroso, B. (2002) The Bully, the bullied, the bystander. Toronto, Ontario: Harper Collins Publishers
- De Bode, A & Broere, R. (1997) Du racket a' l'ecole
- Williams A. & Murphy, C. (1999). A Community Presentation Designed to Help Create an Environment of Empowerment. Newfoundland.
- Rigby K. (2001) Stop the Bullying: A Handbook for Teachers. Markham, Ontario: Pembroke Publishers.
- Romain, T. (1997) Bullies Are a Pain in the Brain. Minneapolis, MN: Free Spirit Publishing.
- Morris, Tia, & Hoffe, Geoffrey. (2002) Trevor and the Bully. Grand Falls-Windsor, NL: Grand Falls-Windsor Committee Against Violence.

Websites

- www.gov.nl.ca/edu/dept/safesch.htm
www.stopbullyingme.ab.ca
www.safechild.org/bullies.htm



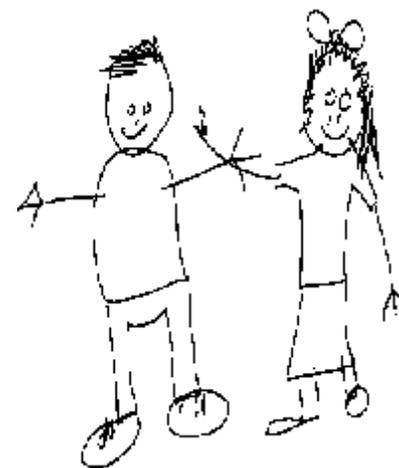
GOVERNMENT OF
NEWFOUNDLAND AND LABRADOR

Women's Policy Office

STICKS & STONES CAN BREAK YOUR HEART

Bullying in Schools

A Response Guide



Violence Prevention Initiative

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What Is Bullying?

Bullying occurs when one child, or group of children, tries to exercise control over another in order to dominate and get their way.

Bullying can occur as physical, emotional or sexual harassment. It arouses fear, and prevents the child from doing what they want, or moreover compels them to behave in ways not freely chosen.

Children who bully may be the same age, or older than their victim. Sometimes children who bully may be younger.. Both sexes bully and are bullied. Bullying behavior is about the abuse of power.

What Does Being Bullied Feel Like?

A bullied child may feel trapped by their situation, and unable to stop it from happening. Victims feel lonely and afraid, and may lack self-confidence. Bullied children may be hit, kicked, threatened, and called names. Other more subtle forms of harassment may include ignoring or excluding someone from the peer group.

Indicators that your child may be bullied are:

- T Reluctance to attend, or changing their route to school.
- T Unexplained physical illness, such as headaches and stomach aches.
- T Signs of depression, such as crying or sleeping too much.
- T Coming home from school hungry or disheveled.
- T "Losing" things repeatedly may indicate someone is stealing from your child..



What About the Child Who Bullies?

A child who bullies seek power. Bullying is not limited to a child's financial status, or their social and cultural backgrounds.

However most children who bully have some common characteristics and personality traits. These include:

- T greater than average display of aggression.
- T the desire to dominate peers, and the need to feel in control.
- T an inability to accept responsibility for their behavior.

Children accused of bullying need just as much help as those being bullied. Their behavior may be connected to a hidden personal and social problem. Children who bully may themselves be manipulated by other children, or they may be falsely accused.

Different types of bullying may require different responses. Punishment may not be the best way of stopping the problem.



Indicators that your child may be bullying are:

- T having large amounts of money.
- T buying items normally unaffordable for a child.
- T wearing designer clothing they say their friends gave them.
- T having a sense of superiority.
- T school increasingly complains of your child's aggression towards others.

How Can Parents Help?

- T Do believe your child, and tell them that bullying is unacceptable.
- T Don't dismiss bullying as "part of growing up."
- T Do tell your child that you are willing to listen at any time, and ask for their suggestions in solving the problem.
- T Don't question your child intently, as they may feel they have done something wrong.
- T Do seek advice from experienced individuals or groups.
- T Don't over-react - victims need rational advice and help.
- T Do keep an eye on your child's emotional health and obtain professional help if necessary.



How Can Schools & Teachers Help?

- T Do have programs that teach children and staff about bullying and how to get along with others.
- T Do have clear procedures for dealing with bullying in your school.
- T Do resolve the situation decisively, and in a way that the victim and child who bullies are supported.
- T Don't ignore bullying, hoping that it will go away.
- T Do keep the bullied child informed of what you are doing.
- T Do keep records of bullying incidents.

