

Get and Know the Facts!

Every day, thousands of kids in America get up afraid to go to school because of bullying. Bullying is a big problem not only in Evansville but in this country. Millions of students are affected by bullying.

What is Bullying

Bullying is when a person is picked on over and over again by an individual or group with more power, either in terms of physical strength or social standing. Bullying can happen through physical aggression such as shoving, tripping, punching or hitting. Others use psychological control or verbal insults to put themselves in charge. For example, people in popular groups, or cliques, often bully people they categorize as different by excluding them or gossiping about them (psychological bullying). They may also taunt or tease their targets (verbal bullying).

What are the 3 roles in bullying?

1. BULLYING BEHAVIOR is behavior that is hurtful or mean. This behavior may include pushing, shoving, hitting, intimidating, controlling, manipulating, spreading rumors, bossing, and excluding.
2. The TARGET/VICTIM is the person receiving the bullying behavior. The target can not be a victim if they choose not to let the bully behavior affect them in a negative way.
3. The BYSTANDER is the witness or person standing by seeing the problem. Bystanders have the power to make a positive difference in the situation.

What is Cyber-Bullying?

Cyber-bullying uses computers, cell phones, or other forms of electronic technology to bully others. This can happen day or night at one click of a button. Websites can be created to ridicule others. Things are said in a text, IM (instant message) or online that would never be said face-to-face.

Who Bullies?

Both boys and girls can be bullies. Bullies may be outgoing and aggressive or a bully can appear reserved on the surface, but may try to manipulate people in subtle, deceptive ways, like anonymously starting a damaging rumor just to see what happens.

What Is the Difference Between Teasing and Taunting?

TEASING is intended to get both parties to laugh. It pokes fun in a lighthearted way and is never intended to hurt. It is innocent in nature and is discontinued when the person being teased becomes upset or asks the person to stop.

TAUNTING is based on an imbalance of power and is one sided, intending to hurt or harm. It involves humiliating, cruel, or demeaning comments hidden under a joke. It is directed at the target and continues even if the person objects.

How Do I Help If My Child Is Using Bullying Behaviors?

1. Intervene immediately with discipline, not punishment. Discipline involves the child taking ownership of the problem and the child solving the problem.
2. Create opportunities to "do good."
3. Nurture empathy. This means being able to put yourself in someone else's place. Ask questions about how someone might be feeling and why.
4. Teach friendship skills. Discuss the statement, "To have a friend, you must first be a friend."
5. Closely monitor TV, computer activities, and music.
6. Contact the school counselor for support and other resources if necessary.

How Do I Help If My Child Is a Target or Victim?

If bullying is occurring at school, make sure your child has informed school staff.

When discussing situation with your child, be sure you are calm before discussing the situation. Be a good listener.

1. Ask questions, such as "What happened next?"
2. Listen to the whole story encouraging your child to share details.
3. Repeat back what you are hearing to help clarify the situation.
4. Be empathetic, but empowering.
5. Ask if he/she can think of something to say or do that would be helpful. Role play for practice.

**IF YOU WOULD LIKE ADDITIONAL INFORMATION OR ASSISTANCE, PLEASE
CONTACT THE EVSC HOTLINE AT 435-TELL (8355).**

How Do I Help If My Child Witnesses Bullying Behavior?

The bystander has the power to make a positive difference. If your child feels safe, tell the bully to stop. If not, invite the target to join his/her group. Let the target know that you heard what was said. If bullying behavior continues or is extreme, it is important to get help from an adult.

* This information is from the following books:

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

Bullying in the Girl's World by Diane Senn

What is Fairlawn's Stand on Bullying?

At Fairlawn, we have a zero tolerance policy against bullying. We take each disclosure serious. Each day our students recite an anti-bully pledge. It is

We, the leaders of Fairlawn Elementary join together to stamp out bullying.

As a leader:

- I promise not to bully.
- I promise to stand up for myself and others.
- I promise to lead others to kindness.

I am a Fairlawn Falcon. I won't standby; I will stand up.

NO EXCUSES!