**GCCHM Leadership Certification**

**Level IV, Course #5**

**BULLYING TIPS FOR PARENTS**

**Linda Koh, GC Children’s Ministreis**

**(Presenter’s Notes)**

**Slide 2 What is Bullying?**

* Bullying is defined as constantly saying or doing nasty or unpleasant things or teasing in a way someone doesn’t like.

**Slide 3 Signs of Bullying**

🟎Sudden fear or reluctance to go to school.

🟎Ripped or torn clothing at the end of the school day.

🟎Frequent cuts or bruises & excuses to explain them.

🟎Lost lunch money or possessions with excuses you have trouble believing.

**Slide 4 More signs. . .**

🟎Spending more time alone

🟎Grades that begin to fall

🟎Spending less time doing activities once enjoyed

🟎Changes in sleeping or eating

🟎Physical complaints

🟎Looking and acting sad

**Slide 5 What to Do?**

Pay attention to the problem. Parents need to help their child deal with bullying, and, in some cases, to protect the child from emotional and physical harm.

**Slide 6 What Can Parents Do?**

* Talk—let your child know that you know something’s wrong.
* Listen—encourage your child to talk.
* Support—let your child know that it’s not his fault.

**Slide 7 Parents can …**

* Encourage—Suggest your child talk to the bully (only if he is not in physical danger)
* Reach Out—Tell a teacher or guidance counselor if necessary
* Protect—If your child is in physical danger, talk to the school authorities

**Slide 8 Alvin Poussaint, Director of the KidsPeace Lee Salk Center for Research**

“Bullying can be serious – for the bullies and the child who is bullied. It’s important to address the underlying reasons before they lead to even more harm.”

**Slide 9 Why Do Kids Bully?**

* They need to be in control
* They’re jealous, but have trouble sharing
* They learned that threats or violence get them what they want

**Slide 10 Kids Bully because …**

* They’ve seen those close to them bully someone else
* They’ve been bullied & may be trying to get back at somebody without realizing it
* They have trouble controlling anger
* They don’t know how to talk about how they feel

**Slide 11 Kids Bully …**

* They’re used to getting what they want
* They have low self-esteem
* They’re influenced by violent shows or games

**Slide 12 Try These Suggestions …**

* Awareness – Let your child know you’re aware of the bullying behavior
* Stick to it – Even though he denies it
* Show real concern – Let him know you want to help & are concerned about his behavior

**Slide 13 More Suggestions …**

* Talk – about what you’ve seen or heard, but do not judge him
* Teach the child – He may not know how to talk about feelings. Be open about the importance of talking, especially about upsetting things
* Be careful – Bullying, frequent yelling or violence at home can affect younger children

**Slide 14 Additional Resources**

* [**www.kidspeace.org**](http://www.kidspeace.org/)
* [**www.TeenCentral.Net**](http://www.teencentral.net/)