



ALL SAINTS CATHOLIC SCHOOL

Growing Leaders In Mind, Body, and Spirit

Bullying: A Parent's Guide

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What Makes it Bullying?

The behavior occurs over and over again

Bullying typically does not occur as a single incident, but is repetitive or systematic mistreatment of a targeted individual

Bullying often involves an imbalance of power

For example, a popular student and a student with less social standing

The behaviors are intentional

Behaviors are purposeful and would reasonably thought to cause an individual distress/harm

In some cases, the behavior is thought to be justified

The person engaging in bullying behavior may indicate he/she is justified and the targeted person is in some way to blame



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Types of Bullying

Harassment

Physical or verbal abuse of a person because of his/her race, religion, age, gender, disability, or other protected status

Physical

Bully behavior toward the victim include a form of physical aggression, such as hitting, kicking, pushing, punching, or tripping

Verbal

Bullying that involves teasing, name calling, and/or threats

Relational

The use of social relationships to exclude or isolate others through the spreading of rumors or gossiping

Cyberbullying

Sending harassing, threatening, or demeaning messages through text, email, blogging, and/or social media (e.g., Facebook, Snapchat, Twitter, etc.)



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Signs a Child Maybe a Victim of Bullying

- Avoids school
- Frequent complaints of illness so that he/she can miss or leave school early (e.g., stomach problems, headaches, etc.)
- Appears afraid of going to school, riding the bus, or participating in extracurricular activities
- Appears anxious, depressed, and/or irritable
- Poor appetite
- Difficulty sleeping or sleeps all of the time
- Low self-esteem
- A sudden drop in grades and/or loss of interest in school
- Spends little time with peers or seems to have few or no friends
- Unexplained bruises, scratches, and cuts
- Is upset after receiving a phone call/text/checking email



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How to Support a Bullied Child

- Start with the understanding and statement that being bullied is not your child's fault
- Be a good listener
 - Ensure that your child's experiences and feelings are the focus of discussions about the bullying
- Empower your child
 - Allow them to take the lead: "What do you think would make this situation better?" and "How can I help?"
- **Notify teachers and school administration**



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Coaching Your Child: How to Respond to Bullying

- Act confident
- Stay away from anyone who makes them feel uncomfortable or afraid
- Stick with at least one friend in those places where the bullying occurs
- Practice and role play confident and assertive ways to convey "Stop it"
- Ignore or act disinterested when a bully is trying to provoke an emotional response
- Report bullying to parents, teachers, principal and/or the counselor - if it happens to them or to someone else
- When walking, don't look at the ground
- Be aware of their surroundings and who is in them
- If someone has them trapped in a corner, shout out for help
- If they are in danger, RUN, and get help right away



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Cyberbullying

Parents can protect their children from becoming a target of cyberbullying by educating them on how to safely interact with others online and by monitoring their online activities.



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Tips for Parents: Preventing Cyberbullying

- Educate your child to use good judgment. Anything he/she puts online or text is public information. Discuss with your child examples of what would be risky, or inappropriate for them to share online.
- Your child should never provide their full name, address, phone number or picture to someone online without your permission.
- Help your child create user names that do not disclose personal details.
- Teach your child not to share passwords with anyone but you.
- Know everyone who your child is communicating with online or via Chat, Messenger, iMessage, etc.
- Children should not communicate with persons you have not met without your permission.



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Tips for Parents:

Preventing Cyberbullying (cont.)

- Limit the sites your child is able to access and monitor what sites your child is visiting.
- Keep the computer in a high traffic area where you can monitor your child's computer use.
- Do not allow young children to register on sites for "users over 13 years old."
- Limit how much time your child spends online. Teach your children early how to balance time spent online with other important activities such as being outside, after school activities, and "in person" time with friends.
- Consult helpful resources. At sites such as www.wiredsafety.org, you can find additional tips and resources for internet safety.



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If Your Child is a Victim of Cyberbullying

- Tell your child it is not their fault they are the victims of cyberbullying, but it is important they tell you or another trusted adult, if they are being victimized.
- Assure your children you will not revoke their online privileges or take their computers/phones away, if they are cyberbullied.
- If your child is being bullied by a classmate, contact the principal.
- Children should not read bullying emails or text, however parents should print them out to use as evidence.



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If Your Child is a Victim of Cyberbullying (cont.)

- Teach your child how to block a bully's messages or delete them without reading them.
- Tell children they should never seek revenge against the bully or respond to the messages/posts.
- Have your child refuse to pass along cyberbullying messages.
- Contact your Internet Service Providers (ISP.) Your ISP may be able to give you software that can provide greater online social safety.
- Contact your local police department. Many departments now have specially trained detectives that investigate cyber-crime issues and can also provide your family with useful resources.



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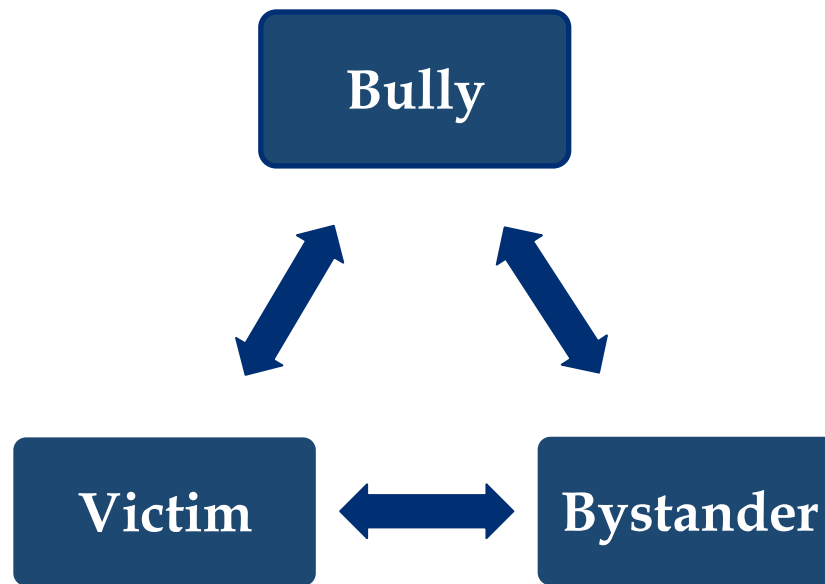
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Stop Bullying:

What All Parents Can Teach Their Children

The Bullying Triangle

Although we place a lot of focus on the bully and victim, there is another player who heavily influences the continuation or extinction of bullying...
the Bystander



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The Bystander Effect

The Bystander Effect:

- Those who witness bullying, can play a significant role in not only remedying bullying situations, but put an end to the tendency to bully among their peers.
- A list of lessons and guidelines that your child can use to become a positive bystander at their school...



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Anti-Bullying Prevention Program

Lessons and Guidelines for Students

➤ **REPORT BULLYING!!!**

Ensure that an adult knows what is happening to your classmates

There are three ways you can report bullying at ASCS:

1. Verbally to a teacher, counselor, principal, or vice principal
2. Complete a Bullying Incident Reporting Form (located online)
3. Anonymously on the ASCS website

➤ **Never take part in bullying**

This includes never encouraging friends to bully, laughing at victims, and refusing to pass along gossip or rumors.

➤ **Walk the victim away from the situation**



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Anti-Bullying Prevention Program

Lessons and Guidelines for Students (cont.)

➤ **Stop gossiping**

How to teach your child not to gossip:

Have them ask themselves the following questions prior to repeating statements.

➤ **Is it true?**

If not or they can't be sure, it should not be repeated.

➤ **Is it necessary to say?**

If it is not necessary to say, then it should not be repeated.

➤ **Is it kind?**

If it is necessary to say, but unkind, then he/she must find a kind way of saying it.

(Source: *The Bully, the Bullied and the Bystander*, by Barbara Coloroso)



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Anti-Bullying Prevention Program

Lessons and Guidelines for Students (cont.)

➤ **Befriend the victim**

Invite the victim to join you and your friends, “Come hang with us Susie.”

➤ **Stepping in**

Whether it be standing up for the victim while the bullying is taking place or refusing to hang out with friends who won’t stop bullying, bystanders need to take action.

➤ **Emotional Support**

Tell the victim that you disapprove of what happened to him/her and offer comfort, “He was way out of line. Are you okay?”



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ASCS: Our Approach to Bullying

Anti-Bullying Prevention Program:

The prevention of bullying at ASCS consist of three main components.

1. ASCS has a thorough educational program targeted to enhance the ability of staff, students, and parents to identifying and responding to bullying/harassment incidents.
2. ASCS has clear rules for student behavior and sanctions for students who violate the guidelines through bullying behavior.
3. ASCS has an expeditious process for ensuring all reported bullying incidents are documented, investigated, effectively resolved, and tracked by school administration.

The following ASCS Staff are available to discuss any bullying concerns you may have and can be reached by email or phone at (734) 459-2490.

- Christine Lerch, School Counselor, clerch@allsaintscs.com
- Kristen Strausbaugh, Principal, kstrausbaugh@allsaintscs.com
- Amanda Fraser, Assistant Principal, afraser@allsaintscs.com

Please see visit www.allsaintscs.com for a full overview of our Anti-Bullying Policy and Procedure and for additional bullying resources.



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