

STRATEGIES TO STAND UP TO BULLYING

1. Tell an adult
 - Never keep quiet about bullying! It is important that adults know what is happening so they can help you deal with the situation.
2. Tell the other person to stop
 - Be assertive - calmly and directly tell the other person to stop.
3. Walk away or ignore it
 - By not responding to what the other person is doing or saying, you take away the power that the person has.
4. Don't laugh or join in
 - Laughing or joining in sends the message that what they are doing is okay. If the person gets a positive reaction, they may be more likely to continue the behavior.
5. Tell the other person how you feel
 - There is a chance that the other person doesn't understand how their actions are affecting you. Make sure they know that what they are doing or saying is hurtful.
6. Stay calm
 - Sometimes people do hurtful things because they want to see you upset. By staying calm, you are showing them that they don't have power over you. It's also very important that you don't bully back!
7. Be a friend
 - If you see someone who is being picked on or excluded, reach out to them. A little kindness can go a long way!
8. Be kind
 - One great way to stand up to bullying is by trying to create a culture of kindness and empathy. A little kindness goes a long way and really does have the power to change lives!

GET YOUR KIDS TALKING!

GENERAL QUESTIONS:

Use these questions to get your kids to open up and to foster a trusting relationship.

- What was your favorite part of today?
- If you could go back and change one part of your day, what would you change?
- Who is your best friend?
- Tell me about your dream vacation.
- Tell me about your favorite holiday. Why is it your favorite?
- What is your favorite memory from when you were younger?
- What is your favorite thing about yourself?
- What is one thing you want to get better at? Why?
- Tell me about a time when you have felt loved and appreciated.
- What is the best gift you have ever received?
- If you could have any super power, what would it be?

BULLYING RELATED QUESTIONS:

- What does the word "bullying" mean to you?
- Have you ever seen bullying? If so, tell me about it.
- Who can you talk to if you see or experience bullying at school?
- Who can you talk to if you see or experience bullying at home?
- If you see or experience bullying, do you know what to do?
- If you see or experience bullying, is it easy for you to stand up for yourself and/or others? Why or why not?
- What can you do to help put an end to bullying?
- Is there anything I can do to help you better stand up for yourself and/or others?
- Tell me about a time when someone was kind to you or included you. How did it make you feel?
- What is one thing you can do today to make someone feel included?

IS IT BULLYING? CHART

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IT'S MEAN IF IT'S:

- One time or occasional
- Intentional
- Hurtful
- One-Sided

IT'S BULLYING IF IT'S:

- Repeated
- Intentional
- Hurtful
- One-Sided

IT'S RUDE IF IT'S:

- One time or occasional
- Unintentional
- Hurtful
- One-Sided

IT'S CONFLICT IF IT'S:

- One time or occasional
- Not planned
- Hurtful
- Both parties are involved

ADDITIONAL BULLYING RESOURCES

BOOKS FOR PARENTS:

- 8 Keys to End Bullying: Strategies for Parents & Schools By Signe Whitson
- The Bullying Breakthrough: Real Help for Parents and Teachers of the Bullied, Bystanders, and Bullies By Jonathan McKee
- Sticks and Stones: Defeating the Culture of Bullying and Rediscovering the Power of Character and Empathy By Emily Bazelon
- Bullied: What Every Parent, Teacher, and Kid Needs to Know About Ending the Cycle of Fear By Carrie Goldman
- Odd Girl Out, Revised and Updated: The Hidden Culture of Aggression in Girls By Rachel Simmons

BOOKS FOR CHILDREN:

- Llama Llama And The Bully Goat By Anna Dewdney
- Bully B.E.A.N.S. By Julia Cook
- My Secret Bully By Trudy Ludwig
- One By Kathryn Otoshi
- The Recess Queen By Alexis O'Neill

WEBSITES:

- <https://www.stopbullying.gov/>
- <https://www.pacer.org/bullying/>
- <https://www.nobully.org/>