

PARENT GUIDE: BULLYING

* **ENCOURAGE YOUR CHILD TO DEAL WITH NORMAL LEVELS OF ANGER AND CONFLICT. THAT IS PART OF THE LEARNING PROCESS**

Become concerned when this conflict persists or takes an extreme form.

* **UNDERSTAND THAT BULLIES AND VICTIMS ARE BOTH PART OF THE SAME PROBLEM**

One cannot exist without the other.

* **BULLY AND VICTIM ARE LEARNED BEHAVIOR PATTERNS**

The child may act like their parents and/or older brothers and sisters.

* **BULLY / VICTIM BEHAVIOR MAY BE MENTAL AS WELL AS PHYSICAL**

Put downs, threats, sarcasm and other forms of demeaning behavior can be just as painful as a physical beating.

* **BULLIES AT SCHOOL ARE OFTEN VICTIMS AT HOME**

The bully knows what it feels like to be a victim: angry, embarrassed, hurt, unloved, afraid, worthless, lonely, stupid, helpless, weak and ashamed.

* **HELP YOUR CHILD FEEL GOOD ABOUT HIMSELF / HERSELF**

Then the bully will no longer have to hurt others to feel good and the victim will no longer act like a victim.

* **TEACH YOUR CHILD WAYS TO KEEP FROM BEING PICKED ON**

Decide not to be bullied.
Stand up straight and walk tall.
Look other kids in the eye.
Stay away from where bullies hang out.
Treat bullies with respect.
Call for help if a bully starts trouble.
Stay calm and don't react.
Try talking quietly or use humor.
Refuse to fight. Walk confidently away.

* **PROVIDE POSITIVE WAYS TO GET ATTENTION AND FEEL IMPORTANT**

Look for and reward positive behavior.

* **UTILIZE HELPFUL RESOURCES** The *Stop Bullying Now* character program is on the LISD website under links in "Parent Resources". If you have reason to suspect that your child has been the victim of bullying, you may complete the "Bullying and Harassment Report Form" on the website by following documents link under the "Parent Resources" or you may request one from the school.