

No More Bullies!
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What Parents Can Do About Bullying

Prevention

- Team up with your school to create a school climate where inclusion of all children is emphasized and bullying is not accepted.
- Talk with your child about acceptable and unacceptable behaviors --- both their own and those of others. Discuss their options as a bystander if they witness bullying.
- Talk with your child about telling a trusted adult if they feel bullied.
- Report incidents of bullying to the school.
- Be sure your child knows to report any possible cyberbullying to you.
- Model respect and tolerance for others by the way you talk and behave.
- Do not allow bullying within your own family.
- Closely monitor the content of TV, movies, music, video games, cell phone, internet and computer use.

Teach Skills

- Help your child learn to recognize bullying – PIC* – and to report it to an adult
 - Purposeful
 - Imbalanced
 - Continual

(*From **Bully Busters: A Teacher's Manual** by A. Horne *et. al.*)
- Help your child develop assertiveness skills
 - Stand up tall - head up
 - Use eye contact
 - Use a firm but respectful tone of voice and choice of words
 - Act as if the bully is not hurting their feelings (Think: *Yes, that hurts but I am not going to let him have that much power over me.*)
- Help your child learn respectful and acceptable responses to bullying remarks
 - The Maybe-Schmaybe
 - The Shrug*
 - The Power I*

(*From **Speak Up and Get Along!** by Scott Cooper)
- Help your child learn to use bystander strategies
 - Stand by the target physically
 - Invite the target to come with you
 - Join together with other bystanders and tell the bully to stop
 - Ask an adult for help
 - Change the subject
 - Switch to “positive comments”
 - Let the target know that you care – a card, note, phone call, etc.

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Resources on Bullying and Relational Aggression

Books for Children

Always read a book yourself before sharing it with a child.

Speak Up and Get Along! by Scott Cooper

Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem
by G. Kaufman et. al.

Stand Up for Yourself and Your Friends: Dealing with Bullies and Bossiness and Finding a Better Way by P. Criswell

A Smart Girl's Guide to Friendship Troubles by Patti Criswell

The Social Success Workbook for Teens by B. Cooper and N. Widdows

Too Nice by Marjorie Pellegrino

Simon's Hook by Karen Burnett

Nobody Knew What to Do by B. McCain

Say Something by Peggy Moss

Just Kidding by Trudy Ludwig

Bullies Are a Pain in the Brain by Trevor Romain

The Meanest Thing to Say by Bill Cosby

Websites

Some of these websites have good interactive material or articles for youth.

www.stopbullyingworld.org

www.stopbullyingnow.hrsa.gov

www.girlshealth.gov/bullying/ - Intended for girls between the ages of 10 and 16. Focuses on bullying issues from a girl's perspective.

www.bullying.org

www.kidshealth.org

www.search-institute.org

www.cheryldellasega.com

www.bewebaware.ca/english/CyberBullying.aspx

www.girlscouts.org - *The Net Effect* - Study of teen girls' internet habits

www.clubophelia.com - Website and information developed by Cheryl Dellasega, Ph. D. a leading expert on Relational Aggression

www.bucketfillers101.com - Promoting positive attitudes and ideas

www.guardingkids.com - Ideas for protecting kids and their use of technology

www.netsmartz.org

www.stopcyberbullying.org

www.staysafe.org

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Books for Educators, Therapists, and Parents

Nobody Likes Me, Everybody Hates Me: The Top 25 Friendship Problems and How to Solve Them by Michele Borba

Girl Wars: 12 Strategies That Will End Female Bullying by Cheryl Dellasega, Ph. D.

The Parent's Book About Bullying - Changing the Course of Your Child's Life by William Voors

Bullies and Victims – Helping Your Child Through the Schoolyard Battlefield by Fried and Fried

The Bully, the Bullied, and the Bystander: From Pre-School to High School – How Parents and Teachers Can Help Break the Cycle of Violence by Barbara Coloroso

Queen Bees and Wannabees by Rosalind Wiseman

Girls in Real Life Situations – Group Counseling Activities for Enhancing Social and Emotional Development (K-5) by S. Trice-Black and J. Taylor

Girls in Real Life Situations – Group Counseling Activities for Enhancing Social and Emotional Development (6-12) by S. Trice-Black and J. Taylor

Please Stop Laughing at Me by Jodee Blanco

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