



John Abrams'

Bully Prevention Parenting Seminar

Power Point Hand Outs

Understanding Bullying

The Three Markers of Bullying

- Imbalance of Power
- Intent to Harm
- Threat of Further Agression

Three Types of Bullying

- Verbal
- Physical
- Relational
- Cyberbullying

How to tell if your child is The Bully

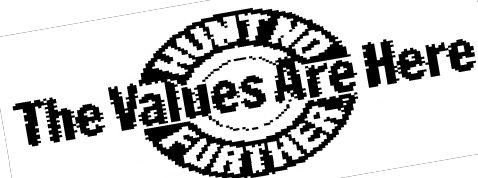
- Likes to dominate others
- Likes to use other people to get what they want
- Find it hard to see a situation from other's perspective (no compassion)
- Refuses to accept responsibility for their actions

How to tell if your child is Being Bullied

- Shows an abrupt lack of interest in school
- Takes an unusual route to school
- Suffers a drop in grades
- Suddenly wants to alone
- Is taking parents money
- Makes a beeline to the bathroom when he/she gets home
- Is sad sullen or angry after receiving a phone call, text or computer message
- Uses derogatory language when talking about peers
- Never talks about day to day activities
- Has stomach aches, panic attacks, headaches, is unable to sleep or sleeps too much

The Bullying Cycle

- Bully chooses target
- Bullying doesn't get reported or tries to report it with no solution
- He/she chooses to "just deal with it"
- Bullied child feels scared
- Rumors of the incident go around school
- Bullied child is seen as weak
- Other kids join in
- Bullied child's self esteem plummets
- Bully and others continue to torment and the cycle gets worse



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www.amazingschoolassemblies.com



The Solutions

Screen and Limit Media

- T.V.
- Youtube
- IPOD
- Social Networking Sites

Getting your kids to talk

- Teach them the difference between "Tattling" and "Telling"
- Play "Today was a Good Day"

Three Antidotes to Bullying

- Give your child a strong sense of self
- Make sure they have at least one good friend
- Make sure they can successfully get into a group

Build their Self Esteem with THE BACKBONE FAMILY

- "I believe in you, you can do it"
- "You are very important to me"
- Help them find their passion and cheer them on
- Consequences are natural and reasonable
- Love is unconditional
- Let them be a part of the decision making process

Four Don'ts when talking to your children

- Don't rationalize
- Don't rush to solve
- Don't tell your child to retaliate unless...
- Don't confront the bully or parents alone

What your child should say in the

"Heat of the Moment"

- Create responses that don't escalate the incident
Examples: "I'm out of here" & "I know"
- Make up your own
- Roll Play them at night

Four Do's when talking to your children

- I hear you, I believe in you, I am here for you
- It's not your fault
- There are things that you can do
- Report the bullying

Steps to take when Reporting the Bullying

- Put it in writing
- Take it to the teacher
- Follow up with teacher
- If not resolved, take it to the principal
- If not resolved, take it to the superintendent
- Always Do What's Best for Your Child

Additional Resources

- Stop Bullying Now:
www.stopbullyingnow.com
- American Academy of Child and Adolescent Psychiatry:
<http://www.aacap.org/publications/factsfam/80.htm>
- Bullystoppers.com
www.bullystoppers.com