

## No More Bullying: What Can Parents and Teachers Do?

Bullying and harassment create a climate of fear that interferes with school performance, and can lead to depression, anxiety and social withdrawal. It is important for parents and teachers to help both the victims *and* the aggressor to build safer schools and neighborhoods for all children.

### Helping the Victims

1. ***Know the signs!*** Look for ripped clothing, hesitation to go to school, decreased appetite, nightmares, crying, drop in grades, less talking about peers and everyday activities, or complaints of stomachaches or headaches.
2. ***Encourage immediate reporting of bullying.*** Practice with the child what to say to a teacher or other adults to make a report.
3. ***Teach and practice assertiveness.*** Help the child practice standing up for him/herself and other children ("Leave me alone!").
4. ***Set boundaries with technology.*** Teach children about cyberbullying and not to respond or forward threatening emails or texts. Monitor their e-mails, text messages, and on-line interactions, such as Facebook and Myspace.
5. ***Support other victims of bullying.*** Bystanders have the power to stop bullying! Talk with children about what they can say when they observe or become aware of a bullying situation.

### Helping the Bullies

1. ***Don't label the child.*** Calling the child a "bully" only makes the issue worse.
2. ***Intervene immediately.*** Stop bullying behavior as soon as you notice it, and make it very clear that aggression and name-calling are unacceptable.
3. ***Provide close supervision.*** Pay attention to areas such as bathrooms, playgrounds, walking routes and buses.
4. ***Promote a positive climate at home and at school.*** Create an environment that teaches and reinforces appropriate behaviors. Adults can model the interactions they want to see, and children will follow.
5. ***Reward appropriate social interactions.*** Don't take good social skills for granted! Teach desired interactions and reward positive interactions between children.

If your child is having difficulty at school or home as a result of bullying, talk to a physician or with the principal, counselor or other staff at your child's school; or follow the steps in the guide, "Accessing Mental Health Services in the Fond du Lac Community," available at [www.csifdl.org](http://www.csifdl.org).

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With the support of Fond du Lac and North Fond du Lac School Districts and community partners, CSI is families, schools and community working together to support children as they grow. Meeting their physical, social and emotional needs now will result in healthy adults and a safe community for everyone. For more information or to get involved in the CSI Project, visit [www.csifdl.org](http://www.csifdl.org).