

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 – say something, include them, etc.

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