

Facilitator Notes: Intro the topic. "Today we will be discussing Bullying."

Today's Takeaways:

- **Learn How to Spot Bullying.** Understand what bullying looks like and sounds like.
- **Talking Tips.** Know some ways to talk to your children so you can help prevent bullying.
- **Advocate.** Find out what your child's school is already doing to prevent bullying and how you can help out.

Facilitator Notes: In this session we will... (read through the takeaways) click for bullets

Thinking Question

How do you **define** bullying?



Facilitator Notes: Ask the audience this question. Then click for second questions. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

What is Bullying?

Bullying is unwanted, **repeated** behavior that involves a real or perceived **power imbalance between two people**.

Power Imbalance

When a child who has **more “power”** uses it to bully a child with less power. Power differences can be physical, social, or emotional.

Source: <http://www.stopbullying.gov/what-is-bullying/definition/>
<http://www.pacer.org/bullying/resources/info-facts.asp>

Copyright (c) 2017 Children's Health Fund
All Rights Reserved

4

What is Bullying?

- Physical
- Verbal
- Social/Relational
- Cyber

Source: <http://www.stopbullying.gov/what-is-bullying/definition/#types>
<https://www.teachingchannel.org/videos/educate-parents-on-bullying>

Copyright (c) 2017 Children's Health Fund
All Rights Reserved

5

What is Bullying?

Physical

- Hitting
- Kicking
- Spitting
- Tripping
- Pushing



Source: <http://www.stopbullying.gov/what-is-bullying/definition/#types>

Copyright (c) 2017 Children's Health Fund
All Rights Reserved

6

Facilitator Notes: Click for bullets. For the next four slides feel free to ask the audience if they have any more examples.

Image Source:

https://www.google.com/search?q=bullying&espv=2&biw=1106&bih=1066&source=lnms&tbn=isch&sa=X&ved=0CAYQ_AUoAWoVChMIgZ6KkNGLyQIVAXQ-Ch0kVwTB#imgrc=q7BY8VcYvhQbTM%3A

What is Bullying?

Social/Relational

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors
- Embarrassing someone in public



Source: <http://www.stopbullying.gov/what-is-bullying/definition/#types>

Copyright (c) 2017 Children's Health Fund
All Rights Reserved

8

Facilitator Notes: Click for bullets. For the next four slides feel free to ask the audience if they have any more examples.

Image Source:

https://www.google.com/search?q=physical+bullying&espv=2&biw=875&bih=1066&source=Inms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMIzdjS2tWLyQIVih0-Ch3g9A03#tbm=isch&q=relational+bullying&imgsrc=P77cqHSWRnPQ8M%3A

What is Bullying?

Cyber (Bullying using **electronic technology**)

- Mean text messages or emails
- Rumors sent by email or posted on social media
- Embarrassing pictures or videos posted online
- Fake profiles



Source: <http://www.stopbullying.gov/cyberbullying/what-is-it/index.html>

Copyright (c) 2017 Children's Health Fund
All Rights Reserved

9

Facilitator Notes: Click for bullets. For the next four slides feel free to ask the audience if they have any more examples.

Image Source:

https://www.google.com/search?q=physical+bullying&espv=2&biw=875&bih=1066&source=lnms&tbm=isch&sa=X&ved=0CAYQ_AUoAWoVChMIzdjS2tWLyQIVih0-Ch3g9A03#tbm=isch&q=social+bullying+clipart&imgcr=3bsV-GgcdWjUNM%3A

The Impact of Bullying

Kids **who are bullied** are more likely to:

- Perform poorly in school
- Delay going to school in the morning
- Miss school days or drop out of school
- Have depression and anxiety
- Feel sadness and loneliness
- Change their sleeping or eating patterns
- Lose interest in activities they used to enjoy

Source: <http://www.stopbullying.gov/stop-risk/effects/>

Copyright (c) 2017 Children's Health Fund
All Rights Reserved

10

Facilitator Notes: Click for bullets.

The Impact of Bullying

Kids **who bully other kids** are more likely to:

- Get into fights
- Drop out of school
- Abuse alcohol and other drugs
- Engage in early sexual activity
- Have trouble understanding and expressing their emotions
- Be abusive toward their partners, spouses, or children when they are adults

Source: <http://www.stopbullying.gov/at-risk/effects/>

Copyright (c) 2017 Children's Health Fund
All Rights Reserved

11

Facilitator Notes: “Another way to talk about kids who bully others kids is that they are expressing bullying behavior. Kids who express bullying behavior...” Click for bullets.

The Impact of Bullying

Kids who **witness** bullying are more likely to:

- Miss or skip school
- Have increased use of tobacco, alcohol, or other drugs
- Have increased mental health problems, including depression and anxiety

Facilitator Notes: Click for bullets.

Thinking Question

How would you know if your child is
being bullied?



Copyright (c) 2017 Children's Health Fund
All Rights Reserved

13

Facilitator Notes: Ask the audience this question. Then click for second questions. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Image source:

https://www.google.com/search?q=kid+being+bullied+at+school&espv=2&biw=1021&bih=1066&source=lnms&tbm=isch&sa=X&ved=0CAcQ_AUoAmoVChMirZeBsuKNyQIVSDI-Ch0-WwI7#tbm=isch&q=kid+being+bullied&imgsrc=z6Mxp9euML8YFM%3A

Knowing the Signs

Signs a child might be being **bullied**:

- Declining grades
- Loss of interest in schoolwork
- Not wanting to go to school
- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits

Source: <http://www.stopbullying.gov/at-risk/warning-signs/index.html>

Copyright (c) 2017 Children's Health Fund
All Rights Reserved

14

Facilitator Notes: Click for bullets.

Knowing the Signs

Continued...

- Difficulty sleeping or frequent nightmares
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

Source: <http://www.stopbullying.gov/at-risk/warning-signs/index.html>

Copyright (c) 2017 Children's Health Fund
All Rights Reserved

15

Facilitator Notes: Click for bullets.

“Not all children who are affected by bullying ask for help.”

Thinking Question

How would you know if your child is
bullying other kids?



Copyright (c) 2017 Children's Health Fund
All Rights Reserved

16

Facilitator Notes: Ask the audience this question. Then click for second questions. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Image source:

https://www.google.com/search?q=kid+being+bullied+at+school&espv=2&biw=1021&bih=1066&source=lnms&tbm=isch&sa=X&ved=0CAcQ_AUoAmoVChMirZeBsuKNyQIVSDI-Ch0-Wwl7#tbm=isch&q=kid+being+bullied&imgrc=z6Mxp9euML8YFM%3A

Knowing the Signs

Signs a child might be **bullying other children** (engaging in bullying behavior):

- Gets into physical or verbal fights
- Has friends who bully others
- Is increasingly aggressive
- Gets sent to the principal's office or to detention frequently
- Has unexplained extra money or new belongings

Facilitator Notes: Click for bullets.

Knowing the Signs

Continued...

- Blames others for their problems
- Doesn't accept responsibility for their actions
- Changes the types of TV shows, movies, or social media posts that they enjoy, which may involve bullying or making fun of others
- Is competitive and worries about their reputation or popularity

Facilitator Notes: Click for bullets.



Source: <http://www.buddiesnotbullies.org/>

Copyright (c) 2017 Children's Health Fund
All Rights Reserved

Parent Share:

Have you ever had a conversation with your child about **bullying**?

If so, do you have any **Tips**.

Facilitator Notes: Allow participants 3 mins to talk about this question with the person to the left or right of them.

Talking Tips

- Check in with your kids often, using open-ended questions
- Talk to kids about bullying
- Show your kids how to treat others with kindness and respect by being a role model and treating others this way
- Encourage kids to speak to a trusted adult if they are bullied or see others being bullied. Start by asking, “who are 3 adults you trust at school that you could talk to if you were being bullied?”

Source: <http://www.stopbullying.gov/prevention/talking-about-it/>

Copyright (c) 2017 Children's Health Fund
All Rights Reserved

21

Facilitator Notes: Click for bullets. For the first two points mention that you have a handout that parents can take with them. These questions can help guide parents into keeping communication lines open between parent and their children.

Check in with your kids often

In just 15 minutes a day you can ask:

- Tell me 3 things about school today.
- What is one good thing that happened today?
- Did anyone bother you at school?
- What is lunch time like at school?
- What is your favorite subject?



Copyright (c) 2017 Children's Health Fund
All Rights Reserved

22

Facilitator Notes: Refer to the handout. Pass out during the presentation or after

Image Source:

https://www.google.com/search?q=parent+talking+to+a+child&espv=2&biw=1280&bih=923&source=lnms&tbn=isch&sa=X&ved=0ahUKEwjI-ZDE3dvJAhWC4D4KHdBaDK0Q_AUIBigB#imgrc=-CTLtRfJc0FWGM%3A

Talk to kids about bullying

- What does bullying mean to you?
- Why do you think people bully?
- Do you ever see kids at your school being bullied by other kids? How does it make you feel?
- Do you know what to do if you see bullying?



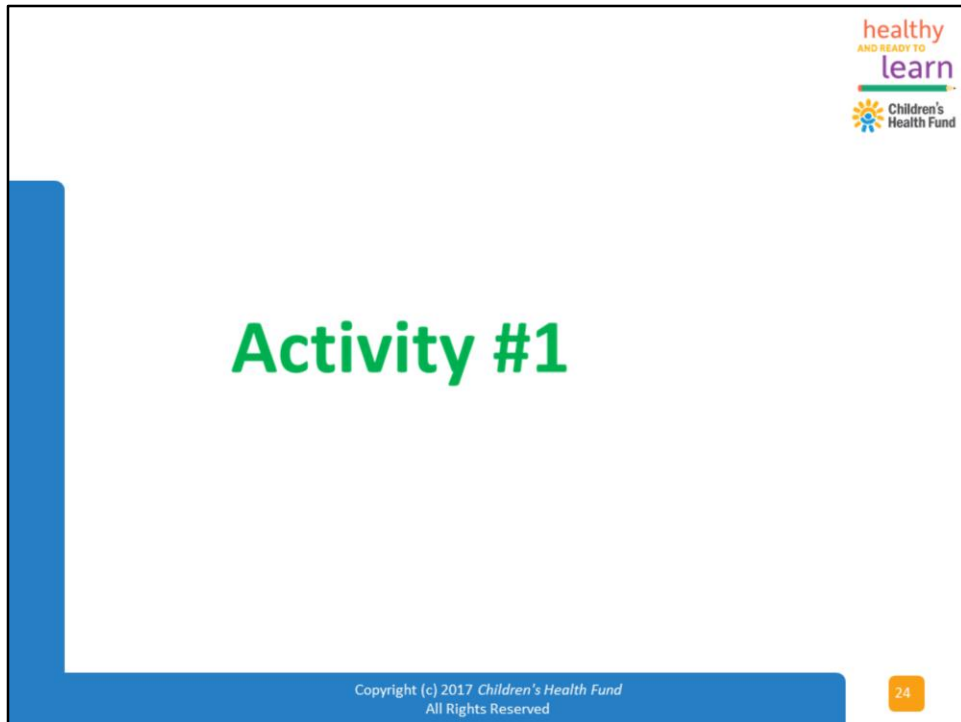
Copyright (c) 2017 Children's Health Fund
All Rights Reserved

23

Facilitator Notes: Refer to the handout. Pass out during the presentation or after

Image Source:

https://www.google.com/search?q=parent+talking+to+a+child&espv=2&biw=1280&bih=923&source=Inms&tbm=isch&sa=X&ved=0ahUKEwjI-ZDE3dvJAhWC4D4KHdBaDK0Q_AUIBigB#imgrc=-CTLtRfJc0FWGM%3A



The slide features a white background with a blue L-shaped graphic on the left and bottom. In the top right corner, there are two logos: "healthy AND READY TO learn" and "Children's Health Fund". The text "Activity #1" is centered in a large green font. At the bottom, there is a blue bar containing the copyright notice "Copyright (c) 2017 Children's Health Fund All Rights Reserved" and a small orange square with the number "24".

Bullying Scenarios: In this exercise parents will break out into groups. Try to make the groups even. The group will be given a bullying scenario. As half the parents to view the scenario has the parent of the child being bullied and the other half to view the scenario has the parent of the child who is engaging in the bullying behavior. Allow the parents time to talk about how they would talk to the child about the situation. Bring it back to a large group. Ask for one or two groups to share their perspectives. Discussion questions: How did you handle the situation from the perspective of the parent with a child being bullied? How did you handle the situation from the perspective of the parent with the child doing the bullying?

Advocate

Do you know?

What are some ways that **this school** is currently trying to prevent bullying?

Advocate

Do you know?

What can you do **as a parent** to help prevent bullying in your child's school?

Resources for Parents

Check out this website for more
information about bullying:

<http://www.stopbullying.gov>



Copyright (c) 2017 Children's Health Fund
All Rights Reserved

27

Facilitator Notes: If there is time you can click the link and show parents what the website looks like (if you have internet access).

If you are concerned that your child is **being bullied** or **bullying others**, please speak with the school **principal**, your child's **teacher**, or the **school counselor**.

Today's Takeaways:

- **Learn How to Spot Bullying.** Understand what bullying looks like and sounds like.
- **Talking Tips.** Know some ways to talk to your children so you can help prevent bullying.
- **Advocate.** Find out what your child's school is already doing to prevent bullying and how you can help out.

Facilitator Notes: Summarize lesson's main points. Click for bullet points.

Question?



Thank You !

If you would like to see other mental and behavioral health resources or find information on additional **Health Barriers to Learning**, please visit the **Healthy and Ready to Learn Resource and Training Center** at www.hrl.nyc

WORKSHOP SURVEY

Thank you for taking part in our workshop! We would like your help in understanding how to improve the workshop, how much you learned, and if you think that you will apply what you learned in your work and life. Please take a few minutes to fill the following survey. Honest feedback is welcome!

1) What was the best part of the workshop?

2) What did you LIKE LEAST about the workshop?

3) How would you improve the workshop?

4) Please circle the number that best represents your knowledge and skills before and after this training:

How to spot bullying:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

Talking to your child about bullying:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

Work with your school to prevent bullying:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

5) How likely are you to use the knowledge and skills that you learned in the workshop? (Please circle)

Not likely at all	Not likely	Neutral	Likely	Very likely
1	2	3	4	5

6) What challenges do you think you will have in using what you learned?

7) Any other feedback?