

Strategies for Helping Your Child with Different Types of Bullying

Bullying is when a person is exposed repeatedly, and over time, to the negative actions of one, or more persons. Listed below are four types of bullying and a few ways to cope with each.

Physical – pushing, hitting, kicking, biting, taking possession from, or hurting someone’s body in any way

Parents can help by telling their child to...

- ✓ Report immediately
- ✓ Not fight back
- ✓ look the person in the eye, tell him to stop and walk away
- ✓ Avoid going where this usually happens (when possible) and let an adult know where this tends to happen
- ✓ Try to avoid getting visibly emotional (raise voice, cry, run, anger outbursts, etc.) People who bully love to make you lose control!
- ✓ Run if in danger

Emotional – by harming another person’s self worth by name calling insulting, gestures, eye rolling, staring, threatening, intimidating, challenging in public, put downs, or hurting someone verbally in any way.

Parents can help by telling their child to...

- ✓ Act like it doesn’t bother you
- ✓ Ignore it
- ✓ Agree with him
- ✓ Say something funny
- ✓ Change the subject
- ✓ Have a “cue” to get the teachers attention
- ✓ Tell him how you feel and you wish he’d stop
- ✓ Role-play the “comebacks” above, and if none of them work...report, or report anyway. Make sure your child knows 3-4 comebacks by memory.