

BULLYING

PARENT BULLETIN



“BULLYING FREE MINDS”

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Dear Parents;

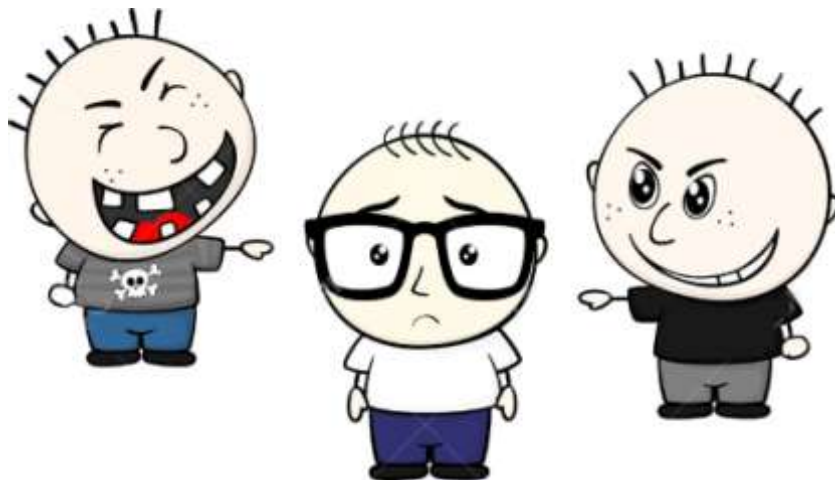
We would be pleaseful if you talk about these following inappropriate behaviours in your chat with your children. We aim to make them aware of the bullying in the school that your help as a role model is very important for us...

What's Bullying?

Bullying is a conscious, willful, deliberate and hostile behaviour by a person or a group of people which intends to harm others without feeling empathy, compassion or shame.

Bullying has four types:

1. Verbal bullying: anything that is said to offend, including insults, teasing, nicknaming, abusive and threatening language;
2. Cyber bullying: any bullying online or via phone, includes insults, threats, harrassment and abusive language;
3. Physical bullying: any type of aggressive contact such as hitting, tripping, pushing and shoving;
4. Social exclusion.



In early ages bullying is triggered by wishing to be popular in circle of friends, to be accepted by others, lack of empathy, lasting anxiety and being a child of the families which are choosing the physical punishment methods.

Bullying has a vital place not only for teachers or parents but also for authorities in order to create a healthy society to live in. Bullying has a huge impact on self-esteem, social lives and long term mental health of people without anxiety and depression. It is a fact that bullying has long lasting negative consequences for both the bullies and the victims.

What are the characteristics of the bullies?

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| <ul style="list-style-type: none">• Low self-confidence• Anxiety• Fearfulness• Submissiveness• Depression or sad appearance• Limited sense of humor• Below-average size, strength, or coordination | <ul style="list-style-type: none">• Feelings of helplessness• Self-blame for problems• Social withdrawal and isolation• Poor social skills• Low popularity• Few or no friends• Excessive dependence on adults |
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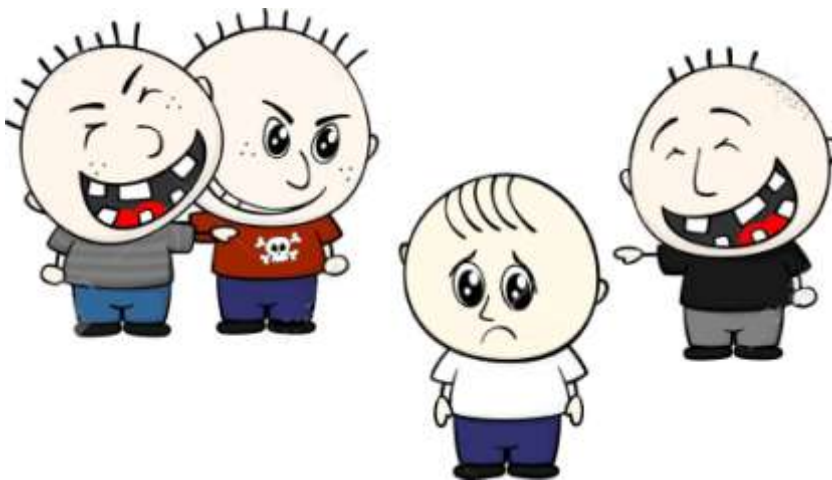
What does the bully do?

Bullies choose their victims

- ❖ who are alone.
- ❖ who have physical weakness.
- ❖ who are silent.

How can we help to the bullies?

1. We have to give them clues to look from different perspectives to their behaviours.
2. Teach them social and peaceful way to solve their difficulties. gösterilmeli,
3. Teach them to cope with his/her aggression.
4. Prevent to get a bad reputation that their bad behaviours are rejectable, not himself/herself.
5. Create a positive environments to live in.
6. Give them some responsibilities such as being in theatre activities, sports and drama lessons to gain an empathy.



Who is the victim?

Victims of bullying include girls and boys of all ages, sizes, and backgrounds. But some children are more likely than others to be victimized because they appear small, weak, insecure, sensitive, or “different” from their peers.

What are the characteristics of the victims?

- ❖ Children who are repeatedly bullied tend to be passive. They inadvertently reward the bully by crying, giving over their possessions, or running away in fear. Some victims also provoke negative responses from others by behaving in socially inappropriate ways. They may trigger conflict or ridicule and then overreact with anger and exasperation.
- ❖ Potential victims can reduce their risk of being bullied by learning how to:
 - ❖ Exhibit self-confidence
 - ❖ Avoid the bully's tactics
 - ❖ Respond with assertiveness
 - ❖ Obtain support from others

Examining the Effects on the Victim?

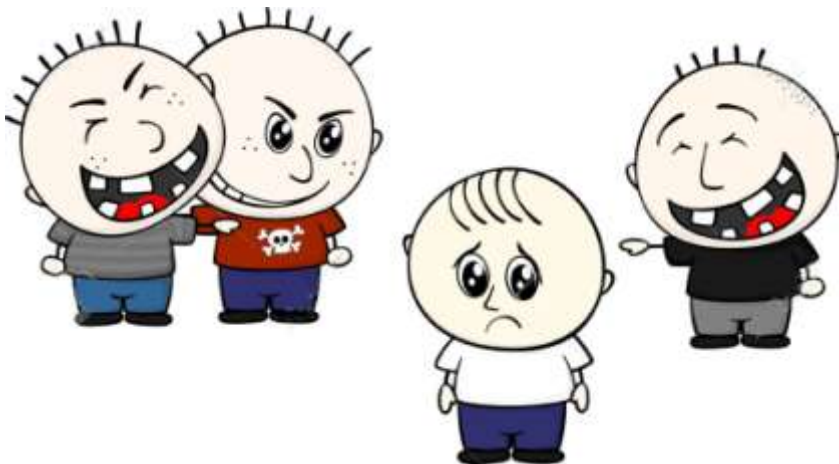
Victims of bullying suffer a wide range of harmful effects—both immediately and for years to come. While under the influence of a bully, victims may show many signs of physical, emotional, and social distress. They often feel tense, anxious, tired, listless, and sad. Some children lose their confidence, become socially isolated, do poorly in school, or refuse to go to school. They may also show high levels of:

- Headaches
- Skin problems
- Abdominal pain
- Sleep problems
- Bed-wetting
- Crying
- Depression
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Victims' painful memories of having been bullied linger as the victims mature into adulthood. Adults who were victimized as children may continue to show poor self-confidence and problems with depression.

How to help the bullying victims?

- ❖ **Walk away from the bully.** Bullies want to know they have control over your emotions so don't react with anger or retaliate with physical force. If you walk away, ignore them, or calmly and assertively tell them you're not interested in what they have to say, you're demonstrating that they don't have control over you.
- ❖ **Protect yourself.** If you can't walk away and are being physically hurt, protect yourself so you can get away. Your safety is the first priority.
- ❖ **Report the bullying to a trusted adult.** If you don't report threats and assaults, a bully will often become more and more aggressive. In many cases adults can find ways to help with the problem without letting the bully know it was you who reported them.
- ❖ **Repeat as necessary.** Like the bully, you may have to be relentless. Report each and every bullying incident until it stops. There is no reason for you to ever put up with bullying.



Tips for parents to identify a bully and stop bullying:

Teachers and parents of both the bullied and the bullies can play a crucial role in preventing, identifying, and stopping bullying. Creating safe, stress-free environments at home and at school can help prevent the tension and anxiety that can lead to bullying.

Despite how widespread the problem has become, many parents and teachers still have some misconceptions about bullying.

1: Spot the warning signs that a child or teen is being bullied

If a child is being bullied it may not be obvious to a parent or teacher. Most bullying occurs away from adults, when kids are alone in hallways or on the way home from school, for example. Bullies tend to be adept at hiding their behavior from adults and bullying victims will often cover up evidence because of a sense of shame at being victimized.

2: Take steps to stop bullying

Talk to kids about bullying. Just talking about the problem can be a huge stress reliever for someone who's being bullied. Be supportive and listen to a child's feelings without judgment, criticism, or blame.

Remove the bait. If your child is targeted by a bully for his or her lunch money, phone, or iPod, for example, suggest your child packs a lunch for school and leaves the gadgets at home.

Find help for a child who's afraid of a bully. Make sure other teachers, coaches, and counselors know the child is being bullied. No child should have to handle bullying alone.

Help the bullied child avoid isolation. Kids with friends are better equipped to handle bullying. Find ways to increase their social circle, via youth or religious groups or clubs, for example.

If your child is a bully. It can be difficult for any parent to learn that their child is bullying others. The sooner you address the problem, though, the better chance you have of avoiding the long-term effects this behavior can have on a child. People who bully others:

- Have a higher risk of abusing alcohol and other drugs in adolescence and as adults.
- Are more likely to get into fights, vandalize property, and drop out of school.
- Are twice as likely as their peers to have criminal convictions as adults and four times more likely to be multiple offenders.
- Are more likely as adults to be abusive toward their romantic partners, spouses, or children.

Warning signs your child may be a bully

Your child:

- Frequently becomes violent with others
- Gets into physical or verbal fights with others
- Gets sent to the principal's office or detention a lot
- Has extra money or new belongings that cannot be explained
- Is quick to blame others
- Will not accept responsibility for his or her actions
- Has friends who bully others
- Needs to win or be best at everything

THANK YOU....