

“BULLYING”

Mercury bay Area School
Primary Parent Information Evening
May 2018



What is Bullying?



- If someone does something unintentionally hurtful once – that is **RUDE**
- If someone does something intentionally hurtful once – that is **MEAN**
- If someone does something intentional and keeps doing it even after you tell them to stop or they can see it upsets you, – *that* is **BULLYING**

What can Bullying look like?

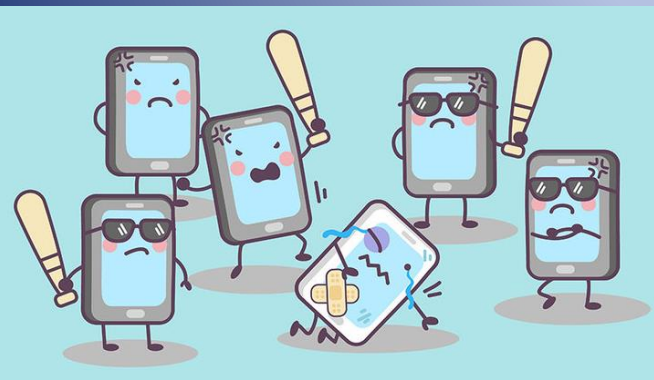


Physical – poking, pushing, hitting, kicking, tripping, throwing objects, taking possessions

Verbal – yelling, taunting, name-calling, insulting, threatening to harm

Relational – excluding, spreading rumours, getting others to hurt someone

Cyberbullying – Sending hurtful messages or images by Internet or cell phone



Signs my child may be being bullied



- Reluctant to go to school or doesn't want to talk about school
- Demands change in routine eg. not riding the bus to school
- Reluctant to participate in after-school activities or play with old friends
- Seems hungrier than usual after school – may be a sign someone is stealing lunch
- Shows signs of physical distress such as headaches, stomach-aches, or nausea
- Goes to the sick bay in order to avoid going to class
- Academic performance (grades, homework, attendance) suddenly declines
- Acts sullen, angry, uses bad language, wants to be left alone – out of character
- Shows marked behaviour change after computer time or being on their phone
- Has unexplained bruises or injuries

Signs my child may be bullying others



- Shows lack of empathy towards others, maybe deriving pleasure from pain and suffering – to people or animals
- Needs to be in control
- Underdeveloped social and interpersonal skills, teases or taunts siblings/peers
- Seems intolerant of and/or shows contempt for children who are “different” or “weird”
- Is exclusive – refuses to include certain kids in play or study
- Persists in undesirable behavior even after you have told him/her to stop
- Is very concerned with being and staying popular
- Constantly plays extremely aggressive videogames
- Has been bullied by peer, sibling, or parent
- Is exposed to domestic violence, controlling adult relationships, or observes you excluding, gossiping about, or otherwise hurting others



Prevention

Intervention

Postvention



Bullying Prevention



SCHOOL

- PB4L
- KAURI
- Ka Eke Panuku
- Philosophy for children
- Equality & Diversity within curriculum

- Pink Shirt day
- Information evenings
- Role modelling
- Low level intervention
- External agency engagement



HOME

- Talk about Bullying – what it is, what it isn't
- Model positive social behaviour
- Teach your child social skills
- Praise kindness, empathy, and looking after others
- Promote strength and empowerment
- Know your child's rights



Bullying Intervention



Someone who is Bullying wants a reward – if they get the ‘right’ reaction they will continue, if they don’t they will eventually move onto someone else

Teach your child to use their **W.I.T.S.**

W – Walk away. Preferably with, or to, other friends, or to a safe place

I – Ignore them. Don’t make eye contact. Look distracted and laugh at something else

T – Talk. Tell the Bully to stop, or shrug and say ‘whatever’. If they don’t stop, talk to a teacher or other adult you trust (encourage your child to own this process)

S – Support. Get support from your friends, teachers, school and family

AND IF IT DOESN’T STOP - KEEP GOING TILL IT DOES!!

Bullying Postvention at School



When we are made aware of Bullying we work as soon as possible with both parties:



‘KAMAR’ entries

Restorative Practice Conversations

- with individuals involved
- with whole class groups
- with Family Group conferences

Non-communication boundaries

Involvement of external agencies where appropriate

Ongoing monitoring of in-school behaviours

Provision of Counselling, Pastoral Support to all involved

Bullying Postvention at Home



Take action when your child says they are bullied at school :

Assure the child that you believe them, that they are not alone with this problem

Affirm that this is not their fault

Establish that there are things that you can **both** do and develop a plan
ALWAYS report the bullying to school personnel

Take action when you are advised your child has been bullying:

Talk to your child about what happened

Show your child what they have done is wrong

Give your child ownership of the problem – no blame shifting or excuses

Help your child find a way of solving the problem that they have created

Leave their dignity intact – it is the behaviour you don't love, not the child

Create opportunities to do good and restore relationships

Nurture empathy

Teach friendship skills

...a note about bystanders



Help your child learn how to make smart choices and take action when they feel hurt or see another child being bullied.

Encourage Your Child to Be an *Upstander*. Being an upstander (and not a passive bystander) means a child takes positive action when they see a friend or another student being bullied. Ask your child how it feels to have someone stand up for them, and share how one person can make a difference.

"When it's the kids who speak up, it's ten times more powerful than anything that we'll ever be able to do as adults"

<https://www.youtube.com/watch?v=Hh1ReLlnBng>



Thanks!!

