

# Defeat Bullying Positively At Home

“Bullying stops (and starts) in the home.”

-Kevin Epling, Founder *Bully Police* and Anti-bullying Specialist



## Take bullying prevention beyond the assembly

Recently I worked with your students to defeat bullying positively at school. We had an hour-long assembly talking about bullying and its consequences, how to stand up and say something, and how to develop resiliency and empathy (See the outline and follow up questions below). You can also learn more at [www.joshdreaan.com](http://www.joshdreaan.com).

This is a simple guide to help you look at the problem of bullying from a slightly different angle and to give you some tools that you can use to defeat bullying on the home front.

Before we even start talking about bullying there are two very important needs every student has. As parents we are the first line of defense and have the responsibility of meeting these needs. Of course we can't tell other parents how to raise their children, but we can control what happens within the walls of our own home. Let's start there.

“Both of these needs are hard wired from birth and are in high demand everyday on a subconscious level. If kids can't meet these needs in a positive way they will resort to negative means, including bullying, to meet them.

--Alfred Adler, MD, Psychologist


2 things that kids will do almost anything for

A sense of *significance*

A sense of *belonging*



## Quick Overview

The presentation is high energy with a lot of interactive activities and laugh out loud moments, but there are plenty of learning outcomes in the mix. I talk about what it means to “represent” as I share experiences I gained as a college mascot. Students learn the 3 rules of mascotting and how it relates to their responsibility  help create a safe and positive school environment.

## Speech Outline

**Represent:** to stand as an ideal for people to rally behind

1. **Resiliency** (Keep Your Head On)
  - a. The ability to continue being strong, healthy, and successful even after something bad happens
    - i. Teaching students strategies to cope with, stand up against, and report any instances of bullying
2. **Empathy** (Know Your Audience)
  - a. The ability to share someone else’s feelings
    - i. Teaching students to walk in someone else’s shoes, putting others first, and selflessness
3. **Potential** (Be the Hero)
  - a. The ability to realize what you are capable of and standing up for what is right.
    - i. Helping students to increase their self-esteem and have the courage to stand up against bullying.

**Resiliency, Empathy, Potential = Represent**



Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, cyberbullying or intentionally excluding someone from a group



## Follow Up Questions

- What was your favorite part about the assembly?
- What are the 3 rules of mascotting?
- What does it mean to REPresent?
- What can you do to represent our family at school?

## Bullying Defined

One of the biggest problems most schools, teachers, and parents face is having a streamlined process and knowing exactly what bullying is. Here is a clear-cut definition from the U.S. Department of Justice.

### Bullying is:

- **Repetitive**
- **Intentional**
- **Imbalance of Power**

## Bullying is NOT

Pre-wired, harmless, or inevitable

## Bullying IS

Learned, harmful, and controllable

## Bullying SPREADS

If supported or left unchecked

## Bullying INVOLVES

Everyone. Bullies, victims, and bystanders

## Bullying CAN BE

Effectively stopped and entirely prevented

## Developing trust with your child

1. Bring the topic out in the open
  - a. Look for the signs
  - b. Put yourself in their shoes
2. Maintain open lines of communication
  - a. Discuss response strategies
  - b. Be open about social media use
  - c. Help them manage difficult emotions
3. Provide structure
  - a. Create guidelines for technology use/"family policy"
  - b. Let them participate in rule making and consequences
    - i. Give them space, but be a parent
4. BE AN EXAMPLE!

## Your relationship with the school

When your student is involved in a bullying incident it is easy to fall into the trap of thinking that you are the only advocate for your child. Before you jump to conclusions, assume (as is most often the case) that the school has your child's best interest in mind. Discuss the problem openly with teachers and administrative staff. Make sure to follow up on their progress. Trusting the process and maintaining open communication with the school does more good than getting frustrated and yelling. We are all on the same team and must work together to create a safe environment for young minds to blossom.

## Your Daily Dosage

1. Give them a sufficient dose of positive attention every day
  - a. Take 10 min to be fully present in their world each day
2. Offer a feeling of emotional connection every day
  - a. Let them make meaningful contributions at home
  - b. Give them age appropriate control
  - c. Let them participate in rule making
3. Hold weekly family meetings (15-30 min)
  - a. Give comments and appreciation
  - b. Use as a forum for problem solving
  - c. Introduce new training topics each week





## Resources

- [www.pacerkidsagainstbullying.org](http://www.pacerkidsagainstbullying.org) (Pacer Center's Kids Against Bullying)
- [www.bullypolice.org](http://www.bullypolice.org) (State Anti-bullying policies)
- [stopbullying.gov](http://stopbullying.gov) (definitions and sample policy)
- [www.thebullyproject.com](http://www.thebullyproject.com) (film and resources)
- [www.stompoutbullying.org](http://www.stompoutbullying.org) (join the movement)
- [www.acf.hhs.gov](http://www.acf.hhs.gov) (US Dept. of Health and Human Services, Administration for Children and Families)
- [www.safekids.com](http://www.safekids.com) (Internet safety and civility)
- [www.safekids.org/](http://www.safekids.org/) (keeping kids safe)
- [www.netsmartz.org](http://www.netsmartz.org) (National Center for Missing & Exploited Children NetSmartz Workshop)
- [www.mcgruff.org](http://www.mcgruff.org) (National Crime Prevention Council)
- [www.wiredsafety.org](http://www.wiredsafety.org) (Internet safety, help and education resource)
- [www.powertolearn.com](http://www.powertolearn.com) (Cablevision)
- [www.globalschoolhouse.com](http://www.globalschoolhouse.com) (linking kids around the world)
- [www.connectsafely.org](http://www.connectsafely.org) (Online Safety 3.0 - on and off the fixed and mobile Internet)
- [www.blogsafety.org](http://www.blogsafety.org) (Online Safety 3.0 - on and off the fixed and mobile Internet)
- [www.NetFamilyNews.org](http://www.NetFamilyNews.org) (Kid-tech news for parents)
- [www.cyberangels.org](http://www.cyberangels.org) (a program of the Guardian Angels)
- [www.haltabuse.org/](http://www.haltabuse.org/) (Working to Halt Online Abuse)
- [www.fosi.org](http://www.fosi.org) (Family Online Safety Institute)
- [www.anniefox.com](http://www.anniefox.com) (Developing confidence)



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Please reach out for any questions or specific circumstances you are facing

