

Parent Workshop: Bullying

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Agenda

(October is bullying prevention and awareness month!)

▶ Facts

- Statistics
- Definitions
- Laws and Policies

▶ Parent look outs

- Understand Adolescence
- Understand your child
- Signs to look out for
- Understand why it is hard for kids involved
- Understand your child's school
- Understand school's obligations

▶ Parent actions

- If you suspect your child is involved
- If bullying did happened
 - What to say
 - What to do
 - Common mistakes by parent
 - Cyber bullying
 - What kids/teen can do
- Restoration Process
- Preventions

▶ References/Resources

Statistics

- ▶ One out of every four students (22%) report being bullied during the school year (National Center for Educational Statistics, 2015).
- ▶ 19.6% of high school students in the US report being bullied at school in the past year. 14.8% reported being bullied online ([Center for Disease Control, 2014](#)).
- ▶ 64 percent of children who were bullied did not report it; only 36 percent reported the bullying (Petrosina, Guckenburg, DeVoe, and Hanson, 2010).
- ▶ More than half of bullying situations (57 percent) stop when a peer intervenes on behalf of the student being bullied (Hawkins, Pepler, and Craig, 2001).
- ▶ School-based bullying prevention programs decrease bullying by up to 25% (McCallion and Feder, 2013).
- ▶ The reasons for being bullied reported most often by students were looks (55%), body shape (37%), and race (16%) (Davis and Nixon, 2010).

Statistics

- ▶ 64% of students enrolled in weight-loss programs reported experiencing weight-based victimization (Puhl, Peterson, and Luedicke, 2012).
- ▶ One third of girls and one fourth of boys report weight-based teasing from peers, but prevalence rates increase to approximately 60% among the heaviest students (Puhl, Luedicke, and Heuer, 2011).
- ▶ 84% of students observed students perceived as overweight being called names or getting teased during physical activities (Puhl, Luedicke, and Heuer, 2011).

Statistics – Asian American Bullying 2010 reports

- ▶ Fewer Asian American students (18%) reported being bullied at school or cyber bullied, compared to Whites (35%), Blacks (31%), and Hispanic (28%). More Asian American victim of bullying say that they were bullied because of their race (11.1%), compared to Whites (2.8%), Black (7.1%), and Hispanic (6.2%)
- ▶ Like other racial minorities, Asian Americans (11%), report being more frequently targeted with race-related hate words relative to Whites (3%)
- ▶ Athletes
- ▶ Immigrant & 2nd generation students

Statistics – Cyber Bullying

- ▶ The Centers for Disease Control released a [study in June 2014](#) showing that 14.8% of students had been “electronically bullied,” including through e-mail, chat rooms, instant messaging, websites, or texting, during the 12 months before the survey — compared to 19.6% who had been bullied on school property (traditional bullying) during the 12 months prior to the survey.
- ▶ The National Center for Educational Statistics [reported in 2011](#) that 9% of students in grades 6–12 experienced cyberbullying.
- ▶ The Cyberbullying Research Center [reports](#) that “on average, about 24% of the students who have been a part of our last six studies have said they have been the victim of cyberbullying at some point in their lifetime.”
- ▶ Dan Olweus, who the editor of the *European Journal of Development Psychology* referred to as the “father of bullying research” wrote a 2012 [article](#) for that journal where he said that “claims about cyberbullying made in the media and elsewhere are greatly exaggerated and have little empirical scientific support.” Based on a three-year survey of more than 440,000 U.S. children (between 3rd and 12th grade), 4.5% of kids had been cyberbullied compared to 17.6% who had been verbally bullied. An even more interesting statistic from that study is that only 2.8% of kids had bullied others electronically.
- ▶ A 2011 [Pew study](#) found that 15% of teens say they have been the “target of online meanness.” When you include in-person encounters, 19% say they’ve been “bullied” in the past year.

Definition

- ▶ Bullying is different from the typical disagreements or conflict that occur between friends or classmates. What's the difference?
- ▶ It's bullying if:
 - The person is being hurt, harmed or humiliated with words or behavior.
 - The behavior is **repeated**, though it can be a single incident.
 - It is being done intentionally.
 - The person being hurt has a hard time defending themselves from the behavior.
 - **An Imbalance of Power**, the student(s) who are doing it have more power. Power can include such things as being older, being physically bigger or stronger, having more social status, or when a group of students “gang up” on someone.

Definition

California Department of Education

Bullying at School was developed by the Counseling and Student Support Office, California Department of Education:

- “A desire to hurt
- + a hurtful action
 - + a power imbalance
 - + repetition (typically)
 - + an unjust use of power
 - + evident enjoyment by the aggressor
 - + a sense of being oppressed on the part of the target”

<http://www.cde.ca.gov/ls/ss/se/bullyingprev.asp>

Types of Bullying

▶ Physical

- hitting, kicking, pinching, punching, scratching, spitting or any other form of physical attack.
- Damage to or taking someone else's belongings may also constitute as physical bullying.
- Tried to make do things they did not want to do

▶ Verbal

- name calling, insulting, making racist, sexist or homophobic
- jokes, remarks or teasing, embarrassing someone in public
- using sexually suggestive or abusive language, offensive remarks

▶ Social/Indirect

- spreading nasty stories about someone
- exclusion from social groups,
- being made the subject of malicious rumors

▶ Sexual

- Added action of exhibitionism, voyeurism, sexual propositioning, sexual harassment, and sexual abuse (touching, physical contact, sexual assault)

▶ Bias or hate-motivated

- Race, religion, national origin, sexual orientation, physical or mental disabilities

▶ Hazing

- Aggressive behavior that usually involves intimidation and humiliation during an initiation process for a club or group

Types of Bullying – Cyber

Cyber Bullying – any type of bullying that is carried out by electronic medium.

There are 7 types including:

1. Text message bullying
2. Picture/video clip bullying via mobile phone cameras
3. Phone call bullying via mobile phones
4. E-mail bullying
5. Chat-room bullying
6. Bullying through instant messaging (IM)
7. Bullying via websites

The Roles

- ▶ **Kids who Bully:** These children engage in bullying behavior towards their peers. There are many risk factors that may contribute to the child's involvement in the behavior. Often, these students require support to change their behavior and address any other challenges that may be influencing their behavior.
- ▶ **Kids who are Bullied:** These children are the targets of bullying behavior. Some factors put children at more risk of being bullied, but not all children with these characteristics will be bullied. Sometimes, these children may need help learning how to respond to bullying.
- ▶ **Kids who Assist:** These children may not start the bullying or lead in the bullying behavior, but serve as an "assistant" to children who are bullying. These children may encourage the bullying behavior and occasionally join in.
- ▶ **Kids who Reinforce:** These children are not directly involved in the bullying behavior but they give the bullying an audience. They will often laugh or provide support for the children who are engaging in bullying. This may encourage the bullying to continue.
- ▶ **Outsiders:** These children remain separate from the bullying situation. They neither reinforce the bullying behavior nor defend the child being bullied. Some may watch what is going on but do not provide feedback about the situation to show they are on anyone's side. Even so, providing an audience may encourage the bullying behavior. These kids often want to help, but don't know how. Learn how to be "more than a bystander."
- ▶ **Kids who Defend:** These children actively comfort the child being bullied and may come to the child's defense when bullying occurs.

Vulnerable Groups

- ▶ Anyone can be a target!
- ▶ Known vulnerable groups
 - Special needs
 - Race
 - Body types
 - LGBT
 - Etc..
- ▶ No one is immune!
- ▶ Workplace Bullying – Adults
- ▶ Home – Parents, siblings, other family members

Anti Bullying Laws – Federal

- ▶ At present, no federal law directly addresses bullying. In some cases, bullying overlaps with discriminatory harassment which is covered under federal civil rights laws enforced by the U.S. Department of Education (ED) and the U.S. Department of Justice (DOJ). No matter what label is used (e.g., bullying, hazing, teasing), schools are obligated by these laws to address conduct that is:
 - ▶ Severe, pervasive or persistent
 - ▶ Creates a hostile environment at school. That is, it is sufficiently serious that it interferes with or limits a student's ability to participate in or benefit from the services, activities, or opportunities offered by a school
 - ▶ Based on a student's race, color, national origin, sex, disability, or religion*
 - Although the US Department of Education, under Title VI of the Civil Rights Act of 1964 does not directly cover religion, often religious based harassment is based on shared ancestry of ethnic characteristics which is covered. The US Department of Justice has jurisdiction over religion under Title IV of the Civil Rights Act of 1964.

Anti Bullying Laws & Policy – California

- ▶ [California Education Code §234](#)
- ▶ [California Education Code §234.1](#)
- ▶ [California Education Code §234.2](#)
- ▶ [California Education Code §234.3](#)
- ▶ [California Education Code §234.5](#)
- ▶ [California Education Code §32260](#)
- ▶ [California Education Code §32261](#)
- ▶ [California Education Code §32262](#)
- ▶ [California Education Code §32265](#)
- ▶ [California Education Code §32270](#)
- ▶ [California Education Code §32282](#)
- ▶ [California Education Code §32283](#)
- ▶ [California Education Code §32283.5](#)
- ▶ [California Education Code §48900](#)
- ▶ [California Education Code §48900.1](#)
- ▶ [California Education Code §48900.2](#)
- ▶ [California Education Code §48900.3](#)
- ▶ [California Education Code §48900.4](#)
- ▶ [California Education Code §48900.5](#)
- ▶ [California Education Code §48900.6](#)
- ▶ [California Education Code §48900.7](#)
- ▶ [California Education Code §48900.8](#)
- ▶ [California Education Code §48900.9](#)

“Bullying at School”
A 54–page document published by the Counseling and Student Support Office, California Department of Education in 2003 “outlines state and federal laws regarding behavior and discipline issues at school...”

On the Decline

- ▶ US Department of Justice, 74% decline in violent victimization at schools among 12-to-17-year-olds between 1992-2011.
- ▶ 4% decline in bullying between 2007 and 2009 by the Massachusetts Department of Elementary and Secondary Education
- ▶ CDC found a 22% decline in bullying in the state between 2003 and 2011.

Bullying – Parent look outs

- ▶ Understand Adolescence
- ▶ Understand your child
- ▶ Signs to look out for
 - Being Bullied
 - Bullying Others
- ▶ Understand why it is hard for kids involved
- ▶ Understand your child's school
- ▶ Understand school's obligations

K-12 Developmental Tasks

Erickson's Psychosocial Life Stages

Approximate Age	Virtues	Psychosocial crisis	Significant relationship	Existential question	Examples
0-2 years	Hope	Basic trust versus mistrust	Mother	Can I trust the world?	Feeding, abandonment
2-4 years	Will	Autonomy versus shame and doubt	Parents	Is it okay to be me?	Toilet training, clothing themselves
4-5 years	Purpose	Initiative versus guilt	Family	Is it okay for me to do, move, and act?	Exploring, using tools or making art
5-12 years	Competence	Industry versus inferiority	Neighbors, school	Can I make it in the world of people and things?	School, sports
13-19 years	Fidelity	Identity versus role confusion	Peers, role model	Who am I? Who can I be?	Social relationships
20-39 years	Love	Intimacy versus isolation	Friends, partners	Can I love?	Romantic relationships
40-64 years	Care	Generativity versus stagnation	Household, workmates	Can I make my life count?	Work, parenthood
65-death	Wisdom	Ego integrity versus despair	Mankind, my kind	Is it okay to have been me?	Reflection on life

5 Domains of Adolescent Functioning

1. Basic and body needs – health & hygiene
2. Interpersonal functioning – getting along with others
3. Mental health functioning – affect, mood, attachment status, self-esteem, motivation, conscience, defense and coping behaviors, introspective ability
4. Academic and vocational achievements
5. Recreation and leisure activity – ability to “recharge”

Steiner H., 1996., Treating Adolescents, p.24

Good Mental Health House

Keeping – Establishing a Baseline

- ▶ Understand your child's baseline mental and behavior health behaviors
 - personality, temperament, routines, communication styles, etc
 - The 5 domains of Adolescent functioning
- ▶ Pay attention when
 - There is an abrupt change from baseline
 - There is a slow but decline from baseline
- ▶ Maintain open communication channels
- ▶ Parents to role model and create a safe environment to share positive and negative thoughts and feelings
 - Listen without interrupting and criticism
 - Healthy boundaries

Parents Reminder:
Health child development &
identity formation starts at
home!

Signs of Being Bullied

- ▶ Unexplainable injuries
- ▶ Lost or destroyed clothing, books, electronics, or jewelry
- ▶ Frequent headaches or stomach aches, feeling sick or faking illness
- ▶ Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- ▶ Difficulty sleeping or frequent nightmares
- ▶ Declining grades, loss of interest in schoolwork, or not wanting to go to school
- ▶ 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

Signs of Bullying Others

- ▶ Get into physical or verbal fights
- ▶ Have friends who bully others
- ▶ Are increasingly aggressive
- ▶ Get sent to the principal's office or to detention frequently
- ▶ Have unexplained extra money or new belongings
- ▶ Blame others for their problems
- ▶ Don't accept responsibility for their actions
- ▶ Are competitive and worry about their reputation or popularity

Why Kids Don't Want to Tell?

- ▶ Bullying can make a child feel helpless. Kids may want to handle it on their own to feel in control again. They may fear being seen as weak or a tattletale.
- ▶ Kids may fear backlash from the kid who bullied them.
- ▶ Bullying can be a humiliating experience. Kids may not want adults to know what is being said about them, whether true or false. They may also fear that adults will judge them or punish them for being weak.
- ▶ Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- ▶ Kids may fear being rejected by their peers. Friends can help protect kids from bullying, and kids can fear losing this support.

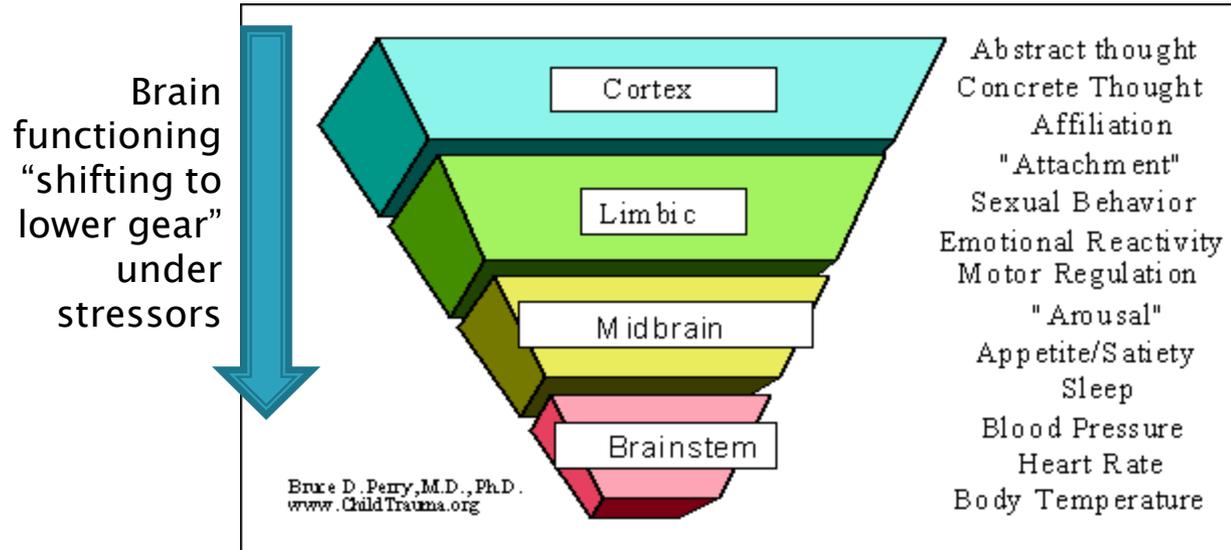
When bullying happened to a child, it goes against their age-appropriate developmental tasks:

- 1) to feel competent – Can I make it in this world?
- 2) identity/self image formation – Who am I? Will I be accepted?

The Effects of Being Bullied

- ▶ **Acute**
 - Shock
 - Fear
 - Anger
 - Frustration

- ▶ **Chronic**
 - Despair/Depressed/Isolation
 - Numb/Hopelessness
 - Hyper vigilance/Anxiety
 - Identify with the aggressor (believing in the lies)
 - Worthlessness/Helplessness/Suicidal
 - Reluctant to trust
 - Negative coping behaviors (Drugs use, addictions)
 - Survival coping behaviors (bullying, gang affiliation)



Parents Reminder:
Slower pace, stay clam
Model self-regulation

Trauma/ PTSD/ Suicide

Trauma/PTSD Symptoms

- ▶ Reexperiencing the trauma (nightmares, intrusive recollections, flashbacks, traumatic play)
- ▶ Avoidance of memories or situations that remind the child of the traumatic event
- ▶ Sleep problems
- ▶ Emotional numbing
- ▶ Symptoms of increased arousal and hypervigilance
- ▶ Altered cognitive function
- ▶ Behavioral inhibition
- ▶ Regression
- ▶ Difficulties with physical contact (for abuse)

Children may reexperience traumatic events in various ways, such as the following:

- ▶ Flashbacks and memories
- ▶ Behavioral reenactment
- ▶ Reenactment through play

Suicide Lookout

- ▶ Despair/hopelessness/worthlessness/lack interests in living
- ▶ Suicide/self-harm/harming others Ideation, method/plan, access to resource

Parents Reminder:
Seek profession help if needed!

The child bullying others

- ▶ Often child who bully others has been bullied/abused by others/wounded
- ▶ Externalization: Projecting inner psychosocial and/or relational struggles/pain/tension onto others
- ▶ Bullying behaviors could be a coping/survival mechanisms
- ▶ Go beneath the surface, find out more information on family history
- ▶ There is always hope and behaviors can be changed.
- ▶ Avoid labeling – counterproductive to the renewal process

Parents Reminder:
Quick to listen, slow to
anger & judgment

Check out the School (advice from UK)

- ▶ Look for unusually high levels of:
 - staff turnover, sickness absence, supply staff, stress breakdown, suicides and attempted suicides amongst staff,
 - suicides and attempted suicides amongst pupils,
 - ill-health retirements, early retirements, grievances started,
 - uses of disciplinary procedures, suspensions of staff, dismissals of staff, number of times the employer is involved in employment tribunals or legal action against employees,
 - poor attendance record of pupils, pupil exclusions,
 - damage to school property including graffiti.
- ▶ And ask the experts:
 - views of the pupils, especially past pupils.
 - Ask to see the anti-bullying policy: if it's got dust on it, it's not a good sign.
 - Ask the head how s/he follow the policies the policy and how s/he measures its effectiveness.
 - The best indicator is when the head teacher states "We don't have bullying here". It is in those school that parade this image that you are most likely to find high levels of bullying.

<http://www.bullyonline.org/schoolbully/faq.htm>

School Look Out: Some Unhealthy School Attitudes towards Bullying

- ▶ “I didn't see it happening and I can't just take your child's word that it did.”
- ▶ “Kids will be kids, you know.”
- ▶ “This stuff just happens. It'll all blow over soon”
- ▶ “Your child just needs to have a thicker skin.”
- ▶ “The child you are accusing of bullying is an honor student and Vice President of the Student Council. I just can't believe he would do such a thing. Are you sure your child isn't exaggerating?”

Source: http://www.huffingtonpost.com/signe-whitson/bullying_b_1377954.html

School Obligations (Federal)

What are a school's obligations regarding harassment based on protected classes?

- ▶ Anyone can report harassing conduct to a school. When a school receives a complaint they must take certain steps to investigate and resolve the situation.
- ▶ Immediate and appropriate action to investigate or otherwise determine what happened.
- ▶ Inquiry must be prompt, thorough, and impartial.
- ▶ Interview targeted students, offending students, and witnesses, and maintain written documentation of investigation
- ▶ Communicate with targeted students regarding steps taken to end harassment
- ▶ Check in with targeted students to ensure that harassment has ceased
- ▶ When an investigation reveals that harassment has occurred, a school should take steps reasonably calculated to:
 - ▶ End the harassment,
 - ▶ Eliminate any hostile environment,
 - ▶ Prevent harassment from recurring, and
 - ▶ Prevent retaliation against the targeted student(s) or complainant(s).

<http://www.stopbullying.gov/laws/federal/index.html>

Bullying: Parent Actions

- ▶ If you suspect your child is involved
 - Have a conversation with your child
- ▶ If bullying did happen
 - What to say
 - What to do
 - Common mistakes by parent
 - Cyber bullying
 - What kids/teen can do
- ▶ Restoration Process
- ▶ Preventions

Set up for a Great Conversation

- ▶ As a parent it is not easy when you have a gut feeling something is going wrong and your child may be hurt
- ▶ Stay calm! Be patient!
- ▶ The first step to helping your child is to be a good listener, and then talk through the problem. Being sensitive is important, whether your child is being bullied or bullying someone
- ▶ Have a conversation!
 - Take your child seriously
 - Think of a good place to have the conversation
 - Make sure you're calm
 - Remember, you're the role model

Parent-child Conversation Starters on Bullying

- ▶ Simple, basic check-in questions for the child's day
- ▶ Many resources
 - Facebook Bullying Prevention Hub
 - Yale Center for Emotional Intelligence
 - Knowbullying App by Substance Abuse & Mental Health Service Administration (SAMHS)
 - Mobile support ondemand, on-the-go
 - Stopbullying.gov
 - Free download handouts

If Bullying did Happened: What to say

- ▶ Do make sure your child knows being bullied is not his or her fault
 - “Bullying is not OK. I know it’s difficult for you to talk about it. I really want to help you figure out what to do.”
- ▶ Do let your child know that he or she does not have to face being bullied alone
- ▶ Do tell your child to report bullying immediately to a trusted adult
 - “I'm so glad you told me. You did the right thing and I promise I will do my best to help you manage this. As long as you are not in any danger, I won't do anything you don't want me to do.”

If Bullying did Happened: What to say

- ▶ Do discuss ways of responding to children who bully
 - “That sounds upsetting, and I can understand why you are feeling [angry, afraid, sad, embarrassed]. Let’s go find a quiet place so we can talk privately.”
- ▶ Do let your child talk and share uninterrupted. Listen without blaming.
- ▶ Do tell your child not to react, but to walk away and get help if pursued
- ▶ Do meet any immediate medical or mental health needs
- ▶ Do seek professional help if needed

If Bullying did Happened: What to do?

- ▶ Safety always comes first!
 - Take care of any medical needs
 - Seek professional/authorities for acute depression/suicide intent/criminal activity involvements
- ▶ Be there for you child, listen fully and with empathy
- ▶ Affirm and validate your child's feeling and worth!!!
- ▶ Draw them closer to your heart (temporary development regression is not uncommon)
- ▶ Explore options together
 - i.e. based on the type, severity, durations of bullying
- ▶ Agree on a plan
- ▶ Follow through

Parent Reminders:

- Safety always comes first
- The enemy comes to steal, kill, and destroy – John 10:10
- Bullying: Sense of safety, self-worth, identity and destiny, hope & dreams.

If Bullying did Happened: Documentation/Evidence

- ▶ Write down your child's account of the incident(s) of bullying. Record as much detail as possible, since memory tends to be short and details can get easily and understandably distorted by emotion.
- ▶ When you contact the staff at your child's school, make notes on who you talk to and when.
- ▶ Document the school personnel's responses—word for word, whenever possible. Prior to meeting with a teacher, counselor, or Principal, write down your goals for the conversation.
- ▶ Afterwards, put in writing any agreed upon resolutions. Request that all involved parties sign the document to indicate their agreement.
- ▶ Documenting conversations, decisions, and agreed upon plans of action help keep parents and school personnel on the same page during what can be an emotional time. Establishing a "paper trail" is not a "gotcha!" process, but rather an effective way of keeping all involved parties organized, informed, and goal-directed.

Behavioral vs. Identity

- ▶ Instead of labeling the children involved, focus on the behavior. For instance:

Labeling (Don't)	Behavior Focus (Do)
Bully	The child who bullied
Victim	The child who was bullied
Bully/Victim	The child who was both bullied and bullied others

- ▶ Labeling sends the message that the child's behavior cannot change

If Bullying did happened: Common Mistakes by Parents

- ▶ Don't react out of raw emotion
- ▶ Don't force other kids to say publicly what they saw
- ▶ Don't question the children involved in front of other kids
- ▶ Don't talk to the kids involved together
- ▶ Don't make the kids involved apologize or patch up the relations on the spot
- ▶ Don't say things that could come off as insulting or criticizing, like telling your child they shouldn't be friends with the bully in the first place or that bullying isn't a big deal
- ▶ Don't advise the bullied child to fight the child doing the bullying back
- ▶ Don't make promises you cannot keep

Parents challenge:
To role model honor,
respect, restrain, grace, and
forgiveness, etc.

If Bullying did Happened: Cyber Bullying

- ▶ Learn how to contact the social media services to report
 - Facebook Bullying Prevention Hub
<https://www.facebook.com/safety/bullying#>
 - Youtube reporting tool
<https://www.youtube.com/reportabuse>
- ▶ Understand how to set restrictions on your digital devices and social media accounts
- ▶ Family online safety institute
(<https://www.fosi.org>)

For Kids and Teens

- ▶ Know that it's not your fault if you are being bullied
- ▶ Don't respond or retaliate
- ▶ Save the evidence
- ▶ Tell the person to stop, speak up
- ▶ Reach out for help, tell trusted adults
- ▶ Use available tech tools
- ▶ Protect your accounts
- ▶ Take a stand against bullying

Restoration Process

- ▶ Healing will take time
 - Physical
 - Emotional
 - Relational
 - Spiritual
- ▶ Broken faith/trust in God
 - Work through God's grace and goodness in the midst of trials and tribulations – hope and love
- ▶ Identity validation
 - Lies vs. truths
- ▶ Re-establish support system
 - Internal – Perception of self, values, faith, sense of safety
 - External – Family, friends, goals and dreams
- ▶ Help your child to manage their social environment/social media
 - re-engage at a comfortable pace
- ▶ Take a family stand on the opposite of bullying
 - To build up others
 - To respect others
 - To love on another
- ▶ Ashes into beauty, mourning into dancing, weakness into strength

Bullying Prevention in the Family: Talk About It!

- ▶ Watch a cool you tube video about bullying together
 - “The most beautiful way to stop a bully I’ve ever seen” 12:05min https://youtu.be/li6L_Aux9RU
 - “Boys’ reaction to bullying will melt your heart” 2:48min <https://youtu.be/xdeuivQYnas>
 - “Facebook Stories: We Are All Daniel Cui” 3:15min <https://youtu.be/rpOvYWd4KW4>
- ▶ Discuss each roles
 - What would you do?

Download the App Free!



- ▶ Age-appropriate Conversation Starters Suggestions
- ▶ Build-in daily reminders for parents to talk to each of your children
- ▶ Learn evidence-based resources
- ▶ Links to other prevention or crisis resources and contacts

Best Offence: Restoring the Generations

- ▶ Malachi 4:6
 - “He will turn the hearts of the parents to their children, and the hearts of the children to their parents...”
- ▶ Parents role modeling through marital interactions
- ▶ Parenting styles adjustment
 - Asian style pros and cons awareness
- ▶ Bridge the cultural and generational gaps
 - Reach out to your children!
 - Be “cool” – i.e. use of technology
 - There are credits even for trying!

References / Web-based Resources

Statistics

- ▶ <http://www.pacer.org/bullying/about/media-kit/stats.asp>
- ▶ http://www.makebeatsnotbeatdowns.org/facts_new.html
- ▶ <http://aapaonline.org/wp-content/uploads/2014/06/AAPA-bullying-factsheet1.pdf> (Asian Americans)
- ▶ National centers for Education statistics – U.S. department of Education, August 2013

Bullying Definition

- ▶ www.stopbullying.gov
- ▶ <http://www.cde.ca.gov/ls/ss/se/bullyingprev.asp>

School

- ▶ http://www.huffingtonpost.com/signe-whitson/bullying_b_1377954.html

For Parent what to do – Bullying

- ▶ https://www.facebook.com/safety/bullying/parents/take_action/
- ▶ <http://www.bullyonline.org/schoolbully/faq.htm> (from UK)

For Teens what to do – Bullying

- ▶ <https://www.facebook.com/safety/bullying/teens/>
- ▶ <http://www.pacerteensagainstbullying.org/tab/>

Cyber bullying

- ▶ <https://www.fosi.org>
- ▶ www.connectsafely.org
- ▶ <http://www.connectsafely.org/north-carolina-teens-charged-under-child-porn-laws-what-you-need-to-know-about-sexting/>

Effects of Bullying

- ▶ http://news.bbc.co.uk/2/hi/uk_news/education/2952537.stm

Hotlines for Youth in Crisis

- ▶ <http://www.connectsafely.org/resources-for-youth-in-crisis/>

Parenting & Bullying

- ▶ <http://women.asiaone.com/women/parenting/i-bullied-my-child-and-i-didnt-even-know-it>
- ▶ <http://internet-safety.yoursphere.com/2010/09/the-direct-relationship-between-parenting-and-cyberbullying/>

Videos

- ▶ “The most beautiful way to stop a bully I’ve ever seen” 12:05min https://youtu.be/li6L_Aux9RU
- ▶ “Boys’ reaction to bullying will melt your heart” 2:48min <https://youtu.be/xdeuivQYnas>
- ▶ “Facebook Stories: We Are All Daniel Cui” 3:15min <https://youtu.be/rpOvYWd4KW4>
- ▶ “San Diego teen commits suicide after bullying over embarrassing video” 2:50min <https://youtu.be/SZJvDhaaSDnc>