



PARENT GUIDE ON BULLYING

Bullying is:

- Repetitive negative actions targeted at a specific victim.
- Bullying involves an imbalance of power so that the victim has trouble defending himself or herself. (The imbalance may be the result of physical size or emotional or cognitive capacity)
- Bullying can be physical, verbal, or social in nature.

Normal Peer Conflict (What Bullying is Not):

- Conflict is an inevitable part of interaction.
- As children learn the give and take of friendship, of group cooperation, and of social interaction, conflict naturally occurs.
- Social skills are developmental.
- Children gain greater capacity for empathy, for compromise, and for kindness to others as they mature both cognitively and emotionally.

Warning signs that my child is being bullied:

- The child comes home with torn, damaged, or missing pieces of clothing, books, or other belongings.
- The child has unexplained bruises, cuts, or scratches.
- The child seems afraid of going to school or taking part in organized school activities with peers.
- Has lost interest in school work or suddenly begins to do poorly in school.
- The child appears sad, moody, teary, or depressed when he/she comes home.
- Complains frequently of headaches, stomachaches, or other physical ailments.
- The child frequently appears anxious and /or suffers from low self-esteem.

What to do if your child is being bullied:

- 1. Focus on your child. Be supportive and gather information about the bullying.**
 - Never tell your child to ignore the bullying.
 - Don't blame the child who is being bullied.
 - Listen carefully to what your child tells you about the bullying.
 - Empathize with your child
 - Don't encourage physical retaliation as a solution.
- 2. Contact your child's teacher, principal, school counselor or school social worker.**
 - Don't be reluctant to report bullying; it may not stop without adult help.
 - Keep your emotions in check. Give factual information (who, what, when, where, and how).
 - Emphasize that you want to work with the school to find a solution.
 - Do not contact the parents of the student who bullied your child.
 - Expect the bullying to stop.
- 3. Help your child become more resilient to bullying.**
 - Help to develop talents or positive attributes of your child.
 - Encourage your child to make contact with friendly students in his or her class.
 - Help your child to meet new friends outside of the school environment.
 - Teach your child safety strategies.
 - Always maintain open lines of communication with your child.

If you know your child is being bullied, take quick action. There is nothing worse than doing nothing. Below is a list of websites for further information on bullying:

www.stopbullyingnow.hrsa.gov * www.pacerkidsagainstbullying.org
www.bullyfreekids.com * www.stopbullyingworld.org * www.bullyingnoway.com.au

A special thanks to
Doreen Dickman (WCS Social Worker) and
Roselie Ruebelman (WCS Counselor)
for providing the information.

This brochure is provided by the
OCI
Office of Curriculum & Instruction

WARREN CONSOLIDATED SCHOOLS

31300 Anita | Warren, Michigan 48093 | 1-888-4WCS-KIDS | www.wcskids.net

Student Achievement

A focus on measurable student achievement in our Professional Learning Communities.

Clear Expectations

Clear expectations for every stakeholder, including students, staff and parents.

Strong Relationships

Strong relationships among all stakeholders, including: teacher-student, parent-teacher, principal-teacher, and superintendent-board member.

2010-11 Board of Education

I. Susan Kattula, President
Brian White, Vice President
Loretta A. Crow, Secretary
Clifford Terry, Treasurer
Diane Holden, Trustee
Susan M. Jozwik, Trustee
Elaine G. Martin, Trustee

Dr. Robert D. Livernois, Superintendent



In compliance with Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, the Americans with Disability Act of 1990, and the Elliott-Larsen Civil Rights Act of 1977, it is the policy of the Warren Consolidated Schools that no person shall, on the basis of race, color, religion, national origin or ancestry, gender, age, disability, age, height, weight, or marital status be excluded from participation in, be denied the benefits of, or be subjected to, discrimination during any program, activity, service or in employment. Inquiries should be addressed to the Chief Human Resource Officer, 31300 Anita, Warren, Michigan 48093, (588) 925-2400, ext 63110.