



ONE-ON-ONE with *BOSTON vs BULLIES* for parents and other trusted adults

BULLYING ISN'T A GAME – IT'S A SERIOUS PROBLEM

Bullying is a problem that negatively impacts families, schools, playgrounds, and neighborhoods. Bullying hurts everyone involved—the kids who are getting bullied, the kids who are doing the bullying, and the kids who are watching the bullying take place. Kids need to know that bullying is never acceptable, no one deserves to be bullied, and everyone deserves to be treated with respect.

YOU CAN HELP

As a parent or trusted adult, you play an important role in helping your child to prevent and respond effectively to bullying situations. This guide is designed to help you use the *Boston vs. Bullies* program to work one-on-one with your child.

BOSTON vs BULLIES

Boston vs. Bullies teaches bullying prevention skills and strategies that are based on current research and best practices in the field of bullying prevention. The program includes:

VIDEOS

7 short videos featuring Boston area athletes sharing their stories about bullying and providing kids with ways to prevent and stop bullying. The videos help:

- Kids who are getting bullied learn how to stand up calmly and confidently against bullying.
- Kids who are doing the bullying learn how to stop bullying, apologize, and get help.
- Kids who are watching the bullying learn how to support kids getting bullied, stop the bullying, and get help.

FACILITATOR'S GUIDE

- Questions to ask kids before and after viewing each video.
- Activities to help you talk to kids about bullying.

ADDITIONAL RESOURCES

Helpful resources available for download on the *Boston vs. Bullies* website: www.bostonvsbullies.org

- *All-Star Videos* that focus on individual athletes
- *BOSTON vs BULLIES Facilitator's Guide Supplement: Including Kids with Disabilities in Bullying Prevention*
- *Choose Your Play* – A series of videos where children model specific skills and strategies about what to say and do in a bullying situation. *Choose Your Play Video Modeling Guide*.
- Posters and worksheets

**Effective bullying prevention requires preparation.
This guide will help you prepare your child to stand strong against bullying.**

BE PROACTIVE

Talk about bullying early and often. Conversations with your child about bullying should be regular and ongoing, so if a problem occurs, it won't be the first time you've talked about bullying.

Think ahead and have a Game Plan. If you help your child think ahead about what to say and do in a bullying situation, your child will be better prepared to respond effectively when bullying occurs.

Practice. Help your child practice what to say and do in a bullying situation so they will be able to follow through when bullying happens. Role playing is a good way to practice responding calmly and confidently.

Be prepared to respond and follow up. If you discover your child is involved in bullying, work with your child to find a solution and then follow up to make sure the bullying stops.

WHAT IS BULLYING?

Understanding what constitutes bullying (and what does not) and the different forms it can take, helps adults and kids recognize bullying when it occurs, so they can take steps to prevent and stop it.

WHAT IS BULLYING?

Bullying is not a conflict, fight, or disagreement.

Bullying is emotional or physical abuse that has the following three defining characteristics.

1. It's on purpose.
2. It happens over and over again.
3. It's an abuse of power.

Is it bullying? Sometimes it's hard to know the difference between bullying and conflict. Often what seems like playful teasing can be hurtful bullying. Other actions, while upsetting, may not actually be bullying – but that doesn't mean they're acceptable, either.

TIPS FOR USING *BOSTON vs BULLIES*

PREPARE

Watch the videos before you show them to your child. Select the videos that will be most helpful for your child.

BOSTON vs. BULLIES VIDEOS

1. INTRODUCTION
2. WHAT IS BULLYING?
3. THE BULLY: Kids Who Do the Bullying
4. THE VICTIM: Kids Who Get Bullied
5. THE BYSTANDER: Kids Who Watch the Bullying
6. CYBERBULLYING

From the *Facilitator's Guide*, choose the pre- and post-viewing questions and interactive activities that will be most helpful for your child.

BEFORE VIEWING

Ask and talk about with your child the selected pre-viewing questions.

LEARN

Watch the video with your child. Talk about the strategies presented in the video. Which options does your child think will be most helpful? Which options are they most likely to use?

REVIEW & FOLLOW UP

Ask and talk about the post-viewing questions. Help your child make connections between the information in the video and their own experiences.

GAME PLAN

Work with your child to develop a Game Plan that includes the strategies that will work best for him or her: *What will you say and do? Who can help? Where can you go?*

PRACTICE

Use the activities from the guide to help your child practice the skills and strategies.

BE A GOOD TEAMMATE

Talk with your child about the importance of intervening as a bystander to help someone who is getting bullied. Talk about how it is easier to stand up to bullying as part of a group.

TALKING TO CHILDREN ABOUT BULLYING

Children may have a difficult time talking about bullying. Many are afraid or embarrassed. If you suspect a child has been involved in bullying—as a victim, bystander, or bully—encourage him or her to talk about it. Listen carefully, ask for details, watch the child's response, offer to help, follow up.

What should you tell kids about bullying?

For kids who do the bullying: Tell children to stop and realize that it's not funny or cool. Bullying is never okay, and it really hurts. Work with them to figure out a way to say they're sorry. Help them find other ways to solve conflicts. They need to learn how to use their power to help rather than hurt.

For kids who get bullied: Tell children that reporting is important, telling is not tattling. Explain that this is not his or her fault, and that you can help. Use the *What Is Bullying?* activity in the guide to help children understand the definition of bullying. Talk about and practice ways to prevent and stop bullying. If needed, get help from staff or professionals.

For kids who watch bullying happen: Tell children that, as a bystander, their actions can make a big difference. They can make it worse by joining in, laughing, or doing nothing. Or they can make it better by directly or indirectly intervening or by getting help from others.

BE PREPARED

If your child is bullying other kids . . .

- Don't panic: Kids often try out different ways of behaving. Stop negative behaviors before they lead to bullying.
- Set firm and consistent limits on bullying behavior – bullying is never acceptable.
- Be a positive role model.
- Use effective, non-physical discipline.
- Help your children understand the effects of his or her actions.
- Help your child develop empathy through volunteering or helping others.

If you suspect your child is getting bullied . . .

- Do not ask him or her directly.
- Ask questions, such as: *What goes on during lunch? What is it like walking to school or riding a bus? Are there any children who are bullying? Do they sometimes bully you?*
- Be a good listener – Allow your child time to explain how he or she feels.
- Explain that this is not his or her fault.
- Explain that you can work together to solve the problem.
- If necessary, speak with your child's teachers or principal.
- Tell your child that reporting is important and telling is not tattling.

If your child is a bystander to bullying . . .

- Talk about the power of bystanders for stopping bullying.
- Talk about how bystanders can use their power to help rather than hurt.
- Explain that direct ways to intervene include: Help the kid being bullied walk away, urge the kid doing the bullying to walk away, tell the bully to stop, play peacemaker, discourage the bully by expressing disapproval, defend the kid being bullied
- Explain that indirect ways to intervene include: Rally support from other kids to stand up against the bullying, show friendship and support for the kid being bullied, get help from a trusted adult, walk away from the situation, redirect the situations away from the bullying (change the subject or start a new activity).