

# PROBLEMS WITH BULLIES



## BULLIES

There are two different types of bullies: The first type gets their way by force, they openly bully and use it as a means to achieve superiority; the second type is manipulative and gets their way by coercion. Both types bully for pleasure and power. They disregard the desires and feelings of others and as a result are willing to use others to get their way.

- Bullying can seem insignificant compared to other problems that today's children face, but it is usually indicative of deeper problems.
- Bullies display early forms of aggressive or violent behavior.
- Bullying should not be ignored; if bullying is overlooked it can lead to more serious forms of violence.
- Victims of bullies risk living in fear or violent retaliation in an attempt to solve the problem.

### KEEP YOUR EYES OPEN FOR SIGNS OF BULLYING.

*Whether your child is a bully or the victim of one, take action. Bullying is an early form of violent, aggressive behavior and should be addressed before the problem escalates into larger issues.*

## HELP COPE WITH BULLIES

- Encourage your children to discuss their day with you in detail, and then make sure to listen. Even the smallest complaint may turn out to be a larger problem; if they find it important enough to tell you about it, it is important.
- Keep your eyes open for indications of bullying. These may include withdrawal from school and other activities, evidence of fighting such as torn or battered clothing, or needing extra lunch money.
  - If you suspect that your child is the victim of bullying, alert the school or organization where it is happening. When caregivers are aware of the problem, they can watch the situation and help keep your child safe.
  - Teach your children acceptable social skills and how to make friends. Emphasize the importance of kindness. A child that has the ability to make friends and feel confident with themselves is less likely to be involved in bullying.

## TEACH NOT TO BULLY

- Do not display the characteristics of a bully through your actions. This may give your children the impression that it is alright to bully.
  - Teach children how to resolve arguments with words; how to be confident and verbally take a stand. Teach them to never resort to violence.
  - If your child is a bully, understand that they may be reacting to feelings of loneliness, insecurity, or anger. Work on resolving; if necessary, turn to a professional (a teacher, counselor, or child psychologist) for specific strategies.
  - Discourage name calling and taunting; make sure that problems with this do not escalate into physical violence.
- Find opportunities in every day activities to discuss bullying. For example, point out the conflict resolution in a television show; discuss how things may have gone differently.
  - Victims are more often singled out because of their psychological traits rather than physical ones. Teaching children good social skills such as self-confidence and how to make friends can prevent them from becoming the victim of bullying.
  - Teach your children about non-violent conflict resolution at an early age. Do not wait to discuss it until after they have demonstrated violent behavior.
  - Don't let the topic of bullying and violence be left in just one conversation; find situations to elaborate on what you are teaching them.