



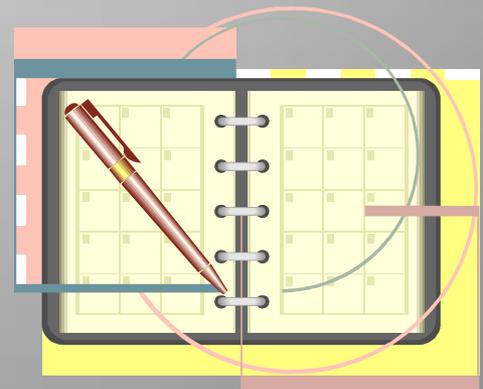
Morning Creek Elementary Principal Coffee

January 14, 2011



Today's Agenda

- What is bullying?
- My Secret Bully
- Supporting our children
- Resources on bullying



What is Bullying?



- Bullying is purposely aggressive, negative and repetitive behavior within a relationship where there is an imbalance of power.
- Bullying may be physical (hitting, kicking, spitting, pushing), verbal (taunting, malicious teasing, name-calling, threatening), or psychological (spreading rumors, manipulating social relationships or promoting social exclusion or intimidation).

Bullying

- Bullying is unfair and one-sided. It happens when someone keeps hurting, frightening, threatening or leaving someone out on purpose.
- It is the result of an imbalance of power.

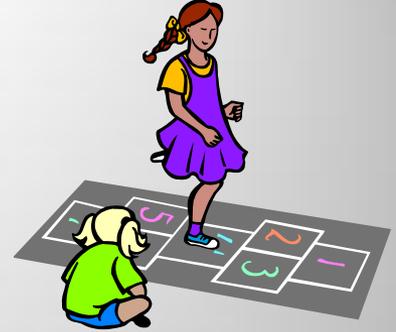


Emotional Bullying

- My Secret Bullying by Trudy Ludwig

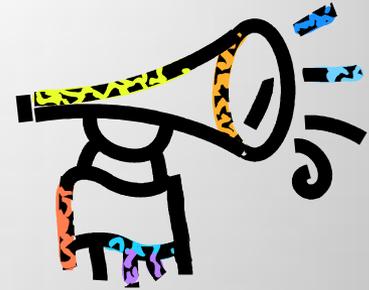


3R's of Bullying



- Recognize bullying
 - Physical
 - Behind the back (rumors, gossip)
 - Putdowns
- Refuse to be bullied
 - Assertive, cool calm voice
 - Replace negative comments with positive
- Report bullying

Report it



- Reporting is not tattling. Tattling is when a student tries to get someone in trouble.
- Reporting is when a student tries to keep someone from getting hurt.

What Can a Target Do?

- Know that it is not your fault.
- Know that you don't deserve it.
- Tell the bully to stop—only if you feel safe doing so.
- If possible, remove yourself from the situation.
- Report bullying to an adult you trust.
- Hang out with people that let you be you.
- Use humor to deflect bullying.
- Don't respond to bullying by becoming a bully yourself.



Parent Suggestions

- Time together to afford conversations
- Listen...
- Consistent with discipline.
- Develop empathy for others and understand others perspectives
- Role play—develop the language
- Acknowledge the pain



Resources



- Books—great conversation starters
- Online resources
- Educate yourself on the topic—you are the most valuable resource for your child.

Keeping MCES Safe



- All teachers are resources.
- Talk about bullying in class meetings. Educate students so bullies can't hide.
- Act on reports and hold students accountable.
 - Restitution: Apologize and fix what they did
 - Resolution: A plan so it does not happen again
 - Reconciliation: Find a way to heal the hurt; work together or build understanding

Keep MC Safe



- Compliment students for reporting incidents of bullying
- Empower the bystanders—what can they say or do
- Build positive self-esteem

Questions

