

Recipes for Success: Bullying

By Mrs. Rifka Schonfeld

Grade Level: Early Childhood, Elementary, Middle School, High School, Special Ed, Administration, Adult

Description:

This first installment of “Recipes for Success” covers the topic of Bullying, and addresses both the bully and the victim. Victims are offered tools to deal with a bully, and step by step instructions are offered to help the bully find alternate means of interacting with others. After you read through these tips, see if you can remember the following acronyms and what they stand for with regards to bullying! TLC, FAIR, STOP, and KIND. The Recipes for Success series features vital tips for parents, educators, and therapists to help children succeed. This informative resource covers a number of social-emotional and learning-related topics, including bullying, ADHD and executive function disorder, oppositional defiant disorder, friendship, dyslexia and learning disabilities, life skills and self-esteem, and sensory processing disorder. Each category offers helpful, tried and true advice for helping children overcome their unique challenges. The information is given over in a clear, easy to read format, and employs acronyms to aid in retention. Focus on one tip each day or select a particular chapter based on your child’s/student’s current needs.

What to download

- Download the print-ready PDF file (includes lesson plan/instructions).

Goals/Objectives:

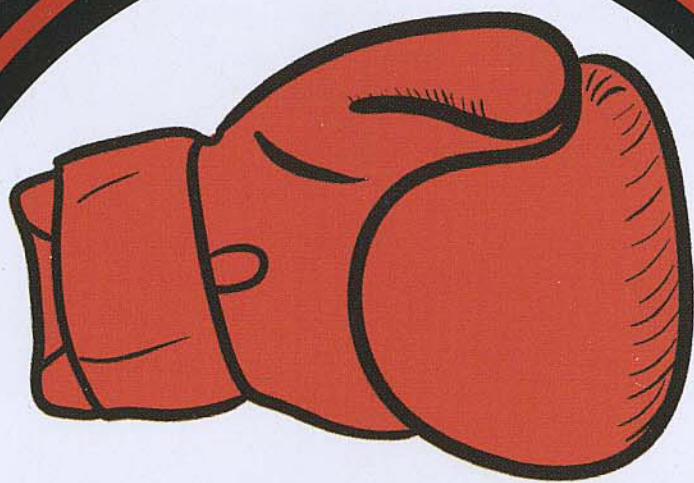
Teachers and parents will read the tips about bullying and educate themselves about this topic. Teachers and parents will help children apply these tips to enable them to succeed.

Instructions:

1. Read through the article.
2. If you have concerns about a particular child, discuss them with another competent individual.
3. Implement the techniques mentioned in the article.
4. When appropriate, distribute the article to parents or other teachers who may benefit from it.

Additional Tips:

- Principals may choose to present one tip a day to their teachers and cover all of the topics over the course of the year.
- These tips may be a useful addition to a school newsletter.
- Printing Tip: These pages are sized as 8”x12”; set your printer to “fit to printable area” so that it will print properly on 8 ½ “x11” paper.



BULLYING



If your child is dealing with a bully, help him figure out what to do by giving him the tools of **TLC**:

T: TELL PEOPLE ABOUT IT. A trusted adult can intervene, friends can rally around you, and parents and teachers can protect you in the future.

L: LOOK CONFIDENT. Stay cool and don't let the bully know that you are mad or sad. Instead, walk away.

C: CHANGE THE COMMUNITY. Work with others to stop the bully behavior. Your whole school will benefit from this change!



BULLYING

*G*irls and Bullying: What Can You Do? Little Girls Can Be Mean: Four Steps to Bully-Proof Girls in the Early Grades is a groundbreaking book about girls and bullying. Below, I have included four steps to help our daughters with bullying.

OBSERVE. Watch how your daughter interacts with her friends on the playground or on a playdate, in order to assess her social skills and see how the friendship is getting along.

CONNECT. Taking fifteen minutes to really talk to your daughter about her day will develop and intensify your relationship with her. Here are some tips for connecting:

ASK SPECIFIC QUESTIONS. Instead of asking, "How was your day?," ask "Who did you sit with at lunch?" or "What kinds of games did you play at recess?"

USE ACTIVE LISTENING STRATEGIES, which include reflecting your daughter's sentiments, thereby letting her know that you are listening to her.

GUIDE. Allow her to come up with a wide range of possibilities to remedy the situation. Sharing stories with her about your own childhood will also help her understand that there are plausible solutions out there.

SUPPORT TO ACT. The previous three steps lead to this final step, in which your child acts from a secure base (her relationship with you) and a place of personal power (her ability to come up with solutions). Role-playing with your child will also help your daughter figure out what the possible outcomes of her actions will be.

There are several steps that you can take to eliminate sibling rivalry. Just think about being **FAIR**:

F: FAVORITES ARE A NO-NO. Obviously, children of different ages have diverse needs and therefore require different treatment. However, do your best to treat each of your children with equity. Don't allow one child to run around during dinner because "he has extra energy" – if one child is allowed to break the rules, then you should make the same exceptions for everyone.

A: AVOID COMPARISONS. Each child has his or her own strengths and weaknesses. Your first might be an amazing student while your second might be a social butterfly. Don't say things like, "Why can't you get good grades like Yehuda?" Or, "Leah always had hundreds of friends calling every night." Making comparisons simply sets the stage for sibling rivalry.

I: INDIVIDUALIZED ATTENTION. Children often act out because they are looking for attention, regardless of whether it is positive or negative. Spending personal time with each of your children, even if it is just thirty minutes a week, can ensure that your children will feel attended to and special. During this alone time, you do not need to do something special. Rather, it is the ability for your child to be with you and you alone that will prevent negative outbursts.

R: ROLE-PLAY AND PROBLEM SOLVE. Instead of yelling or getting angry when you see an argument occurring, provide alternatives to arguments before they start. Talk as a family about the concept of compromise and teach conflict resolution through role play and problem-solving.

If you are made aware of your child's bullying behavior, there are several steps you can take to **STOP** the conduct:

S: STAND UP TO YOUR CHILD'S BEHAVIOR. Let your child know that aggressive and mean behavior is unacceptable. Dr. Harvey Karp, the author of *The Happiest Kid on the Block*, says to explain, "Just as I wouldn't let anyone hurt you, I won't tolerate you hurting anyone else." Make him aware in no uncertain terms that his behavior is completely intolerable to you.

T: TEACH THROUGH EXAMPLE. Don't let your children hear you bad-mouth other individuals or groups. It's unreasonable to hold your children to a higher standard than you hold yourself. Treating others with respect will teach your child to do the same.

O: OBSERVE AND INQUIRE WHAT'S GOING ON AT SCHOOL. If nothing has changed at home, ask him if anything has changed in his social life. Maybe he is struggling to keep his friends or perhaps his friends are pressuring him to pick on another child.

P: PUT THINGS RIGHT. Talk to your child about how he can repair the wrongs he inflicted on another child. Perhaps he can write a letter apologizing to the other child or, if the other child is amenable, invite him for a playdate in order to create positive interactions.

So, how can you help transform your daughter from a “class queen” to a queen? Here are some tips from mothers who have gone through the same experience. Work with her to be **KIND**.

K: KINDNESS CAN BE LEARNED. Ask your daughter to “walk in someone else’s shoes” in order to feel how they feel. Get her involved in community service projects that help her see the plight of others. Empathy is not an innate emotion and therefore you can help your daughter develop it through careful coaching.

I: INTERACT THROUGH ROLE-PLAY. Your daughter might simply not be aware that she can act in other ways. Act out different situations – as this will both give her an alternate course of action in the future and help her see the other person’s perspective.

N: NEGATIVE BEHAVIOR SHOULD HAVE CONSEQUENCES. Just because your daughter’s negative behavior does not happen in front of you, this does not mean you should not get involved. Therefore, if you know for certain that your daughter is exhibiting bullying behavior, discipline her. If she is bullying during playdates, tell her that she cannot have playdates for a week. If she has her own phone and is bullying over the phone or text message, take away her phone privileges for a few days.

D: DON’T IGNORE GOOD BEHAVIOR. Likewise, you should reward her when she gets things right. If she is kind, reward her with an extra half-hour of reading before bedtime or a special Shabbos treat.

It’s really difficult to watch your child be unkind to another child – but there are a lot of steps you can take to remedy the situation. And, before you know it, she’ll be acting like the queen you know she is!