

RESPONSIBILITIES OF PARENTS AND GUARDIANS OF BULLIES

Parents and guardians of bullies should know that research indicates that children who bully are at higher risk of engaging in antisocial behaviors such as juvenile delinquency, criminality, and substance abuse and should be aware of the characteristics of bullies.

General Characteristics of Bullies:

When bullying, boys are typically more physically aggressive while girls tend to be more indirect, using rumors, isolation, and exclusion. However, all bullies:

- Have a strong need for control and power.
- Are easily angered and impulsive.
- Have problems and difficulties following standards of behavior.
- Appear to not have self-esteem problems such as being over-confident or having a superiority complex.
- Are good at talking themselves out of situations by being manipulative and charming and rationalizing their behavior.
- May have lower grades and have a poor attitude toward school.

Recommendations for Parents and Guardians of Bullies:

<u>DO</u>	<u>DON'T</u>
Make it clear that bullying is not tolerated.	Don't blame the target, rationalize, or validate your child's reaction.
Develop consistent standards of behavior and consequences.	Don't be unrealistic in establishing standards of behavior and consequences (such as saying, "You are grounded for life").
Be a calm, respectful, and positive role model.	Don't become angry or disrespectful or confront the target's family.
Monitor and supervise the child's activities, including friends and how free time is spent.	Don't ignore the problem.
Teach positive alternative methods of communicating his or her needs and wants.	Don't engage in behavior that you don't want your child to engage in.
Build on the child's talents and help him or her to develop less aggressive and more assertive behaviors.	Don't use physical force or verbal put-downs.
Seek assistance from a mental health professional.	

RESPONSIBILITIES OF PARENTS AND GUARDIANS OF TARGETS

Parents and guardians need to recognize that bullying is a serious problem that affects all children. Parents and guardians need to support the school's efforts to create a safe school environment. Remember that parents and guardians are their child's most influential and important teachers!

Parents and guardians of the target should be aware of the following warning signs and recommendations:

Warning Signs:

The child may:

- Have unexplained bruises.
- Come home with damaged or missing clothes, books, belongings.
- Not want to go to school (increased absences and tardies).
- Have suddenly lost interest in school and other activities.
- Have mood shifts.
- Appear unhappy, anxious, fearful.
- Isolate self.
- Talk about or attempt suicide.
- Have physical complaints (poor appetite, headaches, or other symptoms).

Recommendations for Parents and Guardians of Target:

<u>DO</u>	<u>DON'T</u>
Encourage child to share the problem.	
Listen objectively and assure child that he or she won't have to face the problem alone.	
Ensure the child that he or she is not at fault.	
Be objective and get the facts.	Don't assume who is at fault or who is to blame.
Immediately contact school and ask for assistance.	Don't confront the bully or the family.
Praise and encourage the child toward developing self-confidence.	Don't encourage aggression as a response to the bullying.
Maintain contact with the school.	Don't ignore the problem.
Teach the child to be assertive, stay calm, use humor, walk away, get help, and avoid dangerous situations.	
Document incidents.	