

SCRIPT

Grade 5 Health TEKS 115.17

(14)(B) identify ways to advocate for self and others to prevent bullying and cyberbullying behavior

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DLF Presents...

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Ways to Show Disapproval of Bullying and Cyberbullying

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Avoid joining in or laughing. Sometimes kids will chime in or laugh when bullying occurs. But even a nervous laugh gives the bully a response he is looking for. Explain to your children that you expect them not to join in the bullying. Even if they don't feel brave enough to do something at the time, they can at least avoid giving in to peer pressure and laughing along with the others.

Regarding cyberbullying, never like, share or comment on mean or bullying type posts.

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Walk away. Sometimes bullies are simply looking for attention. And, if they do not have an audience, they will stop. Tell your kids that sometimes all it takes to help a victim is to walk away from the incident or to ignore the bully. Still, remind your child to report the bullying to an adult so that it doesn't happen again.

In the cyberworld, walking away translates into blocking the person who is cyberbullying someone else.

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Tell the bully to stop. Usually, if a bully is not getting positive attention from the crowd, he will stop what he is doing. It only takes one or two people to show disapproval and the bullying will end. Tell your children to use this method only if they feel safe in doing so. If the bully poses a physical threat, another option might be to find help.

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Get an adult. Encourage your child to calmly walk away from a bullying incident and go find help. This should be done discreetly in order to keep your child out of harm's way. But if bullying is not reported it will continue. What's more, if your child is a witness to bullying and is willing to tell someone what he saw, this goes a long way in supporting the victim.

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Use a cell phone to call or text for help. If your child has a cell phone, tell him that he can always call or text an adult and ask for help. In fact, Some schools have even implemented helplines where kids can text or call anonymously when someone is being bullied. Doing so keeps him from having to say something directly to the bully, but gives him a way to help the victim.

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Request other bystanders stand up too. Sometimes it is safer and more effective if a group of kids confronts the bully. In fact, research shows that when peers intervene in a bullying incident, the bullying stops nearly 60% of the time.

Remind your kids that there is strength in numbers and encourage them to rally their friends to put an end to bullying at school.

Cyberbullying: Get your friends to begin unfollowing the cyberbully and calling him or her out for his or her posts.

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Address cyberbullying. Remember, your child doesn't have to be physically present to be impacted by bullying. Witnessing a classmate being targeted online can affect your child too. Teach him how to report cyberbullying when he sees it online. For instance, your child should save the posts and report the cyberbullying to an adult. What's more, many social media sites have mechanisms for reporting abuse. Help him become familiar with how to report harassment.

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End