



Sticks'n'Stones IO3

Topic 12: Building
resilience in young children
to overcome bullying

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STONES



Introduction

Bullying in schools is every parent's worst fear. They may fear that their child is being bullied, that their child is bullying others, or that their child is witnessing bullying happening around them. All parents want the security of knowing that school is a safe place for their children, a place where they can not only learn, but build new friendships and create lasting memories. Unfortunately, the end of bullying is still not in sight, and it still threatens the wellbeing of children around the world.

These digital resources have been developed to support you, as a parent, to address the topic of bullying with your child.

Topic Addressed

Topic 12: Building resilience in young children to overcome bullying

Educational Video

Here is a Link to YouTube video introducing the topic of Recovering from bullying and cyberbullying – self-help tips for parents of bullies: [\(Link to YouTube video will be inserted once videos have been created\)](#)





Self-help Exercise

Topic Addressed (12 of the 12): Building resilience in young children to overcome bullying			
Exercise Title	Building resilience		
Duration of Activity	30 minutes	Materials Needed	Mirror, post its, pens, camera/phone
Introduction	<p>Resilient children are able to overcome challenges and bounce back from difficult times more quickly and easily.</p> <p>You can help your children and yourselves to be more resilient by different activities that you can play together.</p> <p>This activity is a game for the whole family to build healthy, interdependent connections and positive self-esteem.</p>		
Instructions	<p>Step 1. To develop this activity, you can join your family or a group of friends. Altogether and by turns you will be placed with your back to a mirror while the rest write in notes some characteristics you admire from that person.</p> <p>Step 2. Once everyone has finished writing they have to past the notes in the mirror. The person standing may read the notes and discuss altogether about it.</p> <p>Step 3. You can also take a picture or keep the notes to remember the moment!</p>		



Tip sheet

TIP 1: Bonds are important

A common misconception of resilience is that it is necessary to create "independence" in children. Actually, resilience is strongest when there is a sense of "interdependence," so that a child can practice autonomy while having a safe and supportive space to return to.

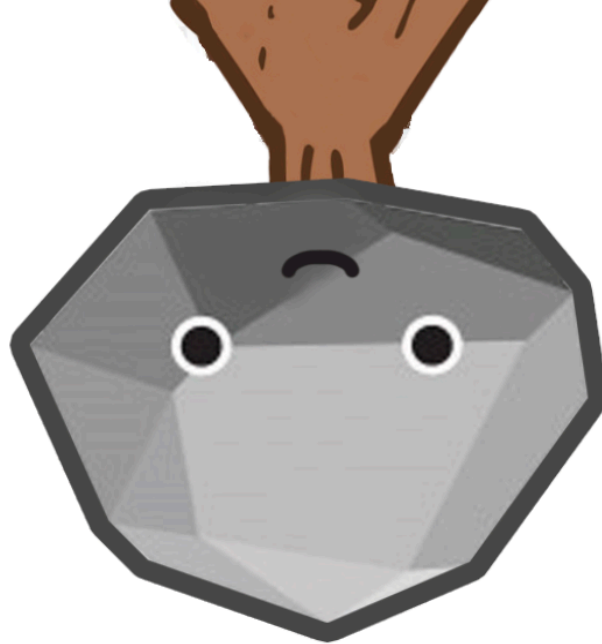
TIP 2: Mindfulness

When you feel your child is not happy or a bit anxious you can practice mindfulness with them. Also you can remember them about the characteristics that describe him/her as a way to make him/her conscious about the people who love him/her.

TIP 3: Keep on building!

There are plenty of activities you can do with your children to build resilience. Search on internet and ask your child to choose some activities that you can do altogether. Remember that with this activities adults are also building their resilience.





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Interactive Infographics to Combat Bullying in School



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