

## Sticks'n'Stones IO3

Topic 1: When Bullying Emerges and How to Prevent it

Sticks  
n  
STONES



Interactive Infographics to Combat Bullying in School

## 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.

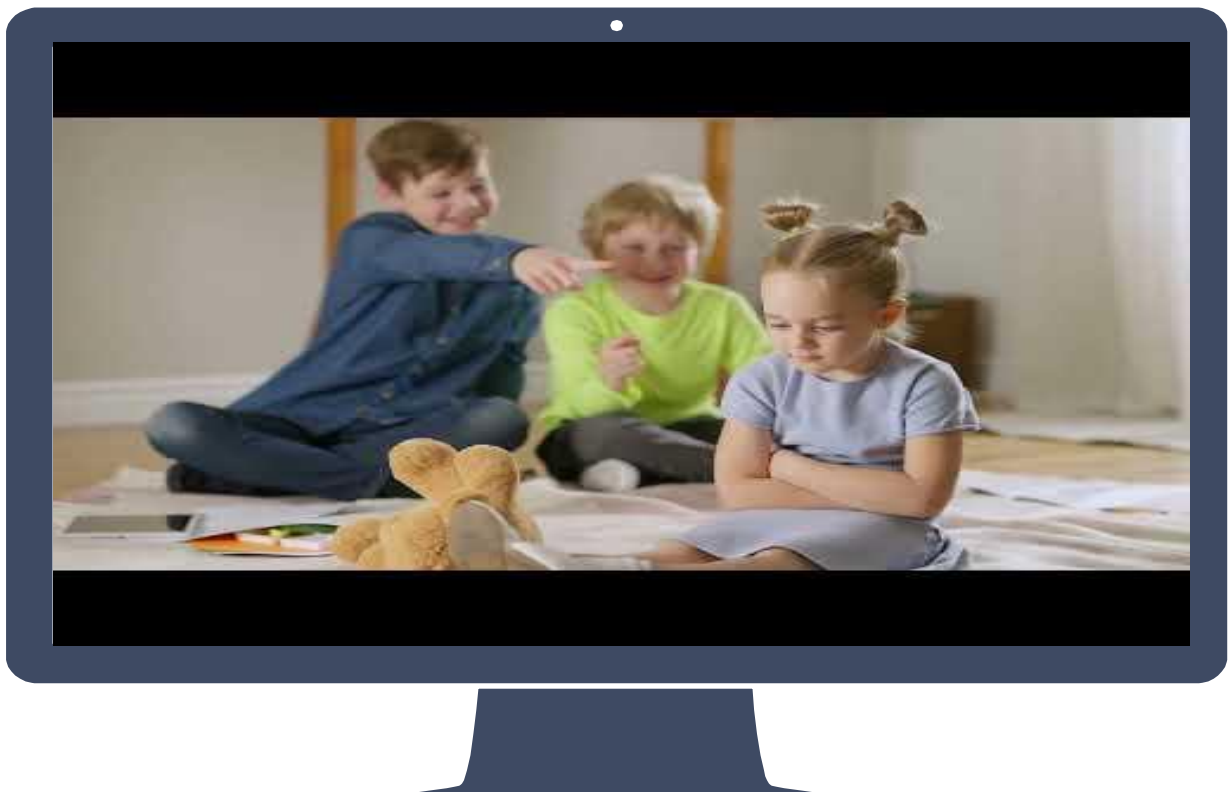
These digital resources have been developed to support you, as a parent, to address the topic of bullying with your child.

## Topic Addressed

**Topic 1:** When bullying emerges and how to prevent it.

## Educational Video

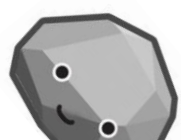
Here is a Link to YouTube video introducing the topic of "When Bullying Emerges and How to Prevent it": <https://youtu.be/EUa0zq5jUCo>



## Self-help Exercise

### Topic Addressed (1 of the 12): When bullying emerges and how to prevent it

<b>Exercise Title</b>	<b>Am I a victim of bullying?</b>		
<b>Duration of Activity</b>	15 minutes	<b>Materials Needed</b>	Pen Paper
<b>Introduction</b>	It is sometimes difficult for children to determine whether they are simply experiencing mild conflict between classmates in their school, or if they are being bullied. This is an exercise to do with your child to identify whether they have experienced bullying in their school, and to reflect on this after this short activity.		
<b>Instructions</b>	<p><b>Step 1.</b> Instruct your child to answer the questions in this short worksheet:</p> <p><u>Question 1:</u> Do others ever try to physically harm you?</p> <ul style="list-style-type: none"> <li><input type="radio"/> Never</li> <li><input type="radio"/> Rarely</li> <li><input type="radio"/> Sometimes</li> <li><input type="radio"/> Often</li> </ul> <p><u>Question 2:</u> Do people make fun of your appearance?</p> <ul style="list-style-type: none"> <li><input type="radio"/> Never</li> <li><input type="radio"/> Rarely</li> <li><input type="radio"/> Sometimes</li> <li><input type="radio"/> Often</li> </ul> <p><u>Question 3:</u> Do people post hurtful comments about you online?</p> <ul style="list-style-type: none"> <li><input type="radio"/> Never</li> <li><input type="radio"/> Rarely</li> <li><input type="radio"/> Sometimes</li> <li><input type="radio"/> Often</li> </ul> <p><u>Question 4:</u> Do you feel scared to attend school because someone might be mean to you?</p> <ul style="list-style-type: none"> <li><input type="radio"/> Never</li> <li><input type="radio"/> Rarely</li> <li><input type="radio"/> Sometimes</li> <li><input type="radio"/> Often</li> </ul>		



Question 5: Are you purposefully excluded from activities with other people in school?

- Never
- Rarely
- Sometimes
- Often

Question 6: Do others make hurtful comments about you?

- Never
- Rarely
- Sometimes
- Often

Question 7: Do others spread rumours about you?

- Never
- Rarely
- Sometimes
- Often

**Step 2.** Check over your child's answers. If they answered with a majority of "Sometimes", or "Often", then it is possible your child is being bullied by others. If this is the case, reflect on the answers with your child, and ask them more about the situations that they are experiencing, and how they feel about how they are being treated in school. Then, proceed to address the situation in the manner you deem appropriate. It is important to stress to your child that it is not their fault if they are being bullied by others, and that no one deserves to be a victim of bullying.



## Tip sheets

### **TIP 1:** Form an Anti-Bullying Parents Association

Parents play a crucial role in preventing and addressing bullying in schools. The next time you are dropping your child off at the school, ask some parents if they would help you to form an “Anti-Bullying Parents Association”, where you meet weekly or monthly to discuss bullying in school and the problems that your children are facing, and how to address it to ensure that the school is a safe place for all children.

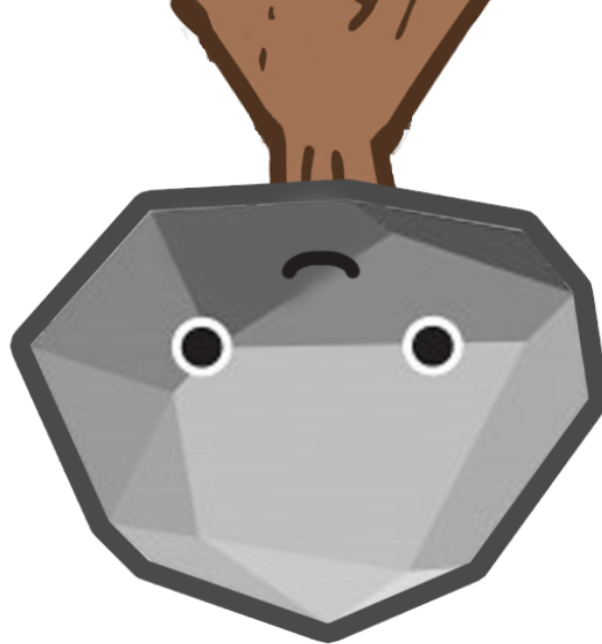
### **TIP 2:** Do weekly check-ins with your child

At the end of each school week, check in with your child about how they are feeling, and how their interactions were with their friends and classmates throughout the week. It is always important to check in with your child about how they are feeling, and to encourage open communication so that they are comfortable opening up and are more in touch with their emotions, even negative ones.

### **TIP 3:** Practice daily affirmations with your child

Affirmations are positive comments or statements that can help you to overcome negative thoughts about yourself. An example of a daily affirmation is: “I love myself for who I am”. Practice stating some affirmations with your child on the way to school every morning, to help build their self-confidence, and improve their well-being in general.





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