

Sticks'n'Stones IO3

Topic 10: Recovering from bullying and cyberbullying – self-help tips for parents of bullies



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.

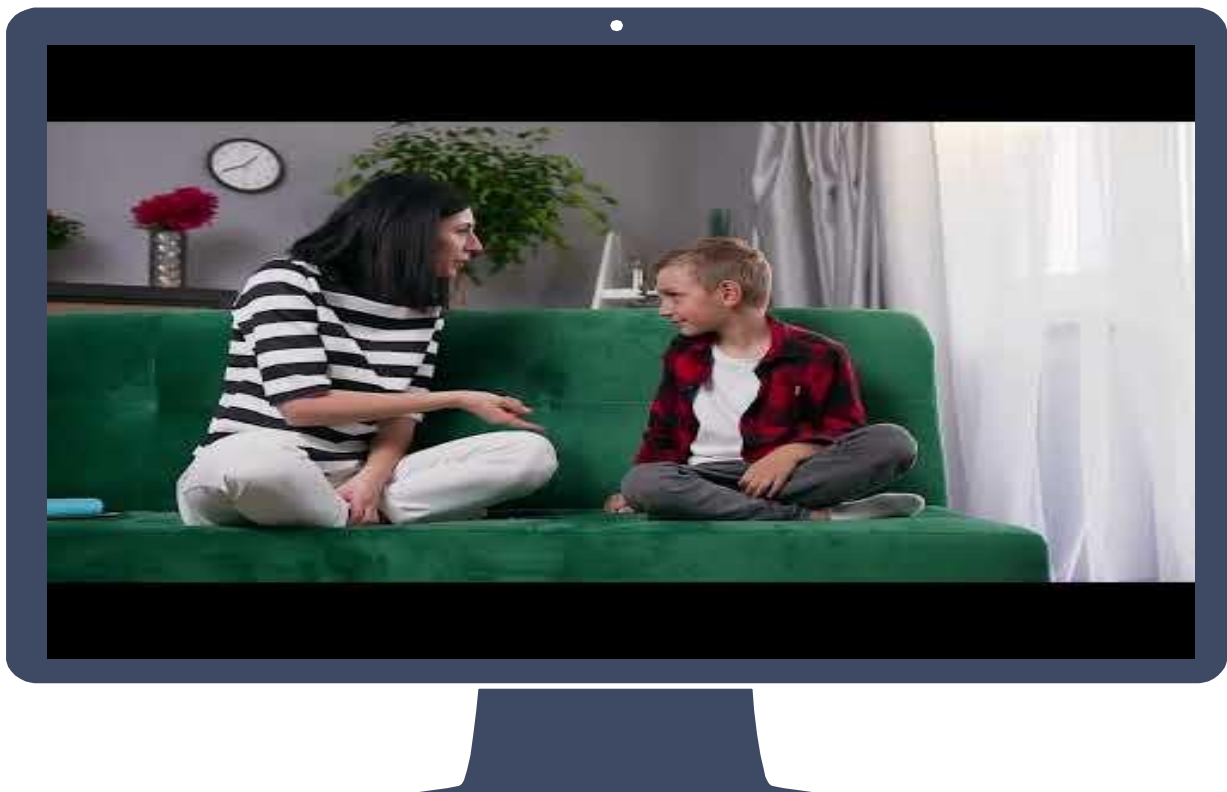
These digital resources have been developed to support you, as a parent, to address the topic of bullying with your child.

Topic Addressed

Topic 10: Recovering from bullying and cyberbullying – self-help tips for parents of bullies

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”: <https://youtu.be/zMYkr6cC3QU>



Self-help Exercise

Topic Addressed (10 of the 12): Recovering from bullying and cyberbullying – self-help tips for parents of bullies

Exercise Title	Emotion management		
Duration of Activity	20 minutes	Materials Needed	Printer, paper, cardboard
Introduction	As you have seen in the video, if your child is a bully or you think he/she can become one, it is very important from your side to acknowledge the problem and address it to also help him/her. This game is one of the various techniques you can use to promote empathy and respect in your child, it will also work with the whole family if you consider that you need to improve it!		
Instructions	<p>Step 1. Below you will find a series of emojis. You need to print them and then paste them in cardboard and cut them one by one in order to have different cards to play.</p> <p>You can also do them by hand with the help of your children or add as many as you like!</p> <div style="text-align: center;"> </div> <p style="text-align: center;">designed by freepik.com</p>		



	<p>Step 2. Game time</p> <p>With this game, you will work your empathy and your child's. Place the cards faced down and by turns choose one. You have to identify the emotion and talk about a situation or a moment of the day where you felt like that.</p> <p>Take advantage of the game and also make your child reflect when you detect a lack of empathy.</p> <p>Use the cards as much as you want to play with your child in order to build or improve empathy. The more you play the easier it will be for them to identify their emotions and to talk about them.</p> <p>Step 3. With time you can also ask some open-ended questions related to bullying in order to make them aware that bullying is dangerous both for the bully, the victim and even the by-standers.</p>
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Tip sheet

TIP 1: Play a few minutes each day/week

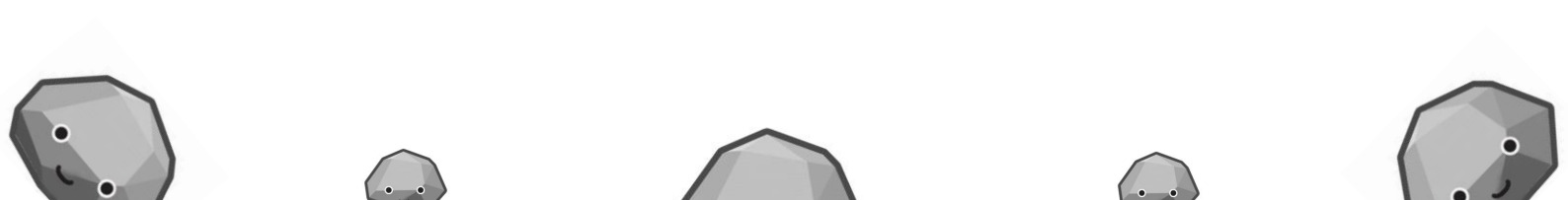
Propose the idea of the game without talking about bullying at first. While you feel more confident at talking about feelings you can also ask your child open-ended questions about different situations in bullying.

TIP 2: Involve more members of the family.

If possible, involve more members of the family in the game. Your child will normalize the act of sharing feelings and will improve their identification and management as well.

TIP 3: Promote Empathy.

Explain your child why it is important to identify feelings and how to manage them. Also, that empathising with others is a good way to understand how do they feel and what would happen if you do something wrong or disrespectful to others.





Sticks n STONES



Interactive Infographics to Combat Bullying in School



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