



## Sticks'n'Stones IO3

Topic 3: The long-term impact of bullying on children

Sticks  
n  
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.

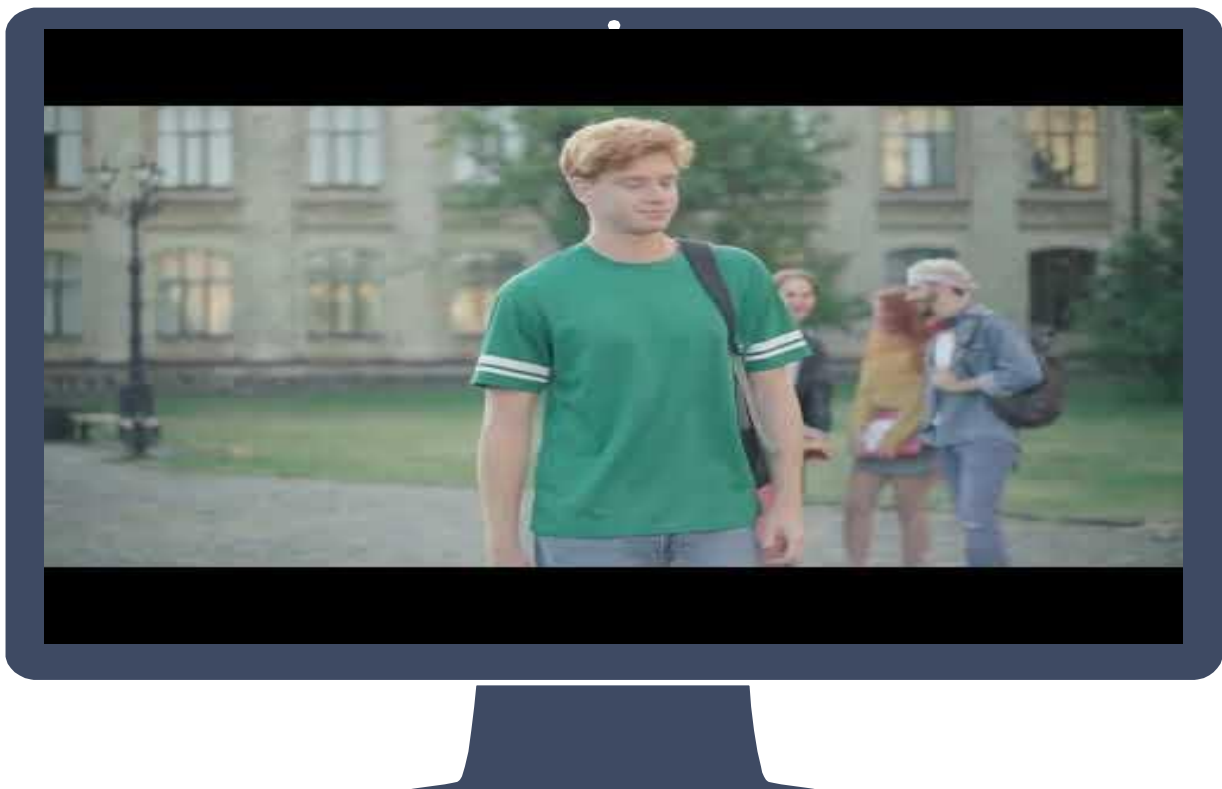
These digital resources have been developed to support you, as a parent, to address the topic of bullying with your child.

## Topic Addressed

**Topic 3:** The Long-term Impact of Bullying on Children

## Educational Video

Here is a Link to YouTube video introducing the topic of "The Long-Term Impact of Bullying on Children": <https://youtu.be/NdQVvO37HrM>





## Self-help Exercise

<b>Topic Addressed (3 of the 12): The Long-term Impact of Bullying on Children</b>			
<b>Exercise Title</b>	<b>Building Self-Esteem</b>		
<b>Duration of Activity</b>	20 minutes	<b>Materials Needed</b>	Pen Paper
<b>Introduction</b>	As you have seen in the video, bullying can cause devastating long-term effects on children, and it can negatively impact their self-esteem. The exercise below is a self-esteem-building exercise you can do with your child once a week to help build and maintain their self-esteem and promote self-care and self-love.		
<b>Instructions</b>	<p><b>Step 1.</b> Print out the template below, and instruct your child to fill in answers for each part.</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="background-color: #ffff00; padding: 10px; border: 1px solid black; width: 45%;"> <p><b>One thing that made me feel happy today....</b></p> <hr/><hr/><hr/><hr/><hr/> </div> <div style="background-color: #cccccc; padding: 10px; border: 1px solid black; width: 45%;"> <p><b>One goal I would like to accomplish this year..</b></p> <hr/><hr/><hr/><hr/> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="background-color: #ffe4c4; padding: 10px; border: 1px solid black; width: 45%;"> <p><b>My best personality trait is.....</b></p> <hr/><hr/><hr/><hr/> </div> <div style="background-color: #ffcc99; padding: 10px; border: 1px solid black; width: 45%;"> <p><b>3 Unique Things About Me</b></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol> </div> </div>		





**Step 2:** With your child, reflect on what they have answered, and ask them the following questions:

- Did you find this activity difficult?
- Do you find it uncomfortable to give yourself compliments?
- Were there any questions that you could not answer? Why not?
- Would you be able to answer these questions easier if they were about your friends? (if the answer is yes, ask: Don't you think we should appreciate ourselves more, just as we do our friends?)

**Step 3:** Try to complete this exercise once a week with your child, and reflect on the answers together each week.



## Tip sheet

### **TIP 1:** Be part of your child's online experience

As children these days are digital natives, it is important to constantly familiarise yourself with the online platforms that they are using daily, in order to understand the risks they might face on each platform. Do your research, and warn your child about the different risks they may face, and how to protect themselves online.

### **TIP 2:** Avoid harmful reactions if your child is being bullied

If your child is being bullied and decides to open up, it can be useful to know common reactions that can be harmful, even though parents have the best intentions. Let's look at 2 common examples:

#### *1. Telling your child to stand up to the bully.*

While this method could work in certain instances, it can also imply that it is your child's responsibility to handle the situation, and could put them in harms way. A better method would be to brainstorm methods with your child regarding what you can both do to address the situation

#### *2. Telling your child to ignore the bully*

It is likely that your child has already tried this method, as it is a typical response for children. This method is also rarely effective, as many bullies tend to continue the bullying once they notice that their target is purposefully ignoring them.

### **TIP 3:** Partner with your child's school

The teachers in the school may not be aware of everything that is going on. Suggest to your child's teacher to hold monthly parent-teacher meetings in the school with all teachers and parents to discuss the behaviour of the children and if there have been any instances of bullying, and how to address it.





# Sticks n Stones



Interactive Infographics to Combat Bullying in School



Co-funded by the  
Erasmus+ Programme  
of the European Union

"The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."  
Project Number: