

THE SPORTS MUSEUM PRESENTS



Helping Parents Deal with Bullying in Children's Lives

BOSTON ★★★★ VS ★★★★★ BULLIES

OUR TEAM



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Boston Breakers



Torey Krug
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*Team USA
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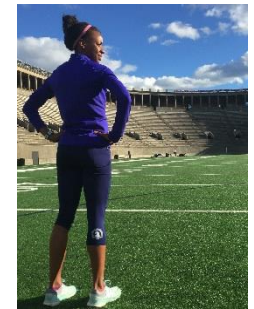
Martin Bowes
Boston Cannons



Terry Rozier
Boston Celtics



Patrick Chung
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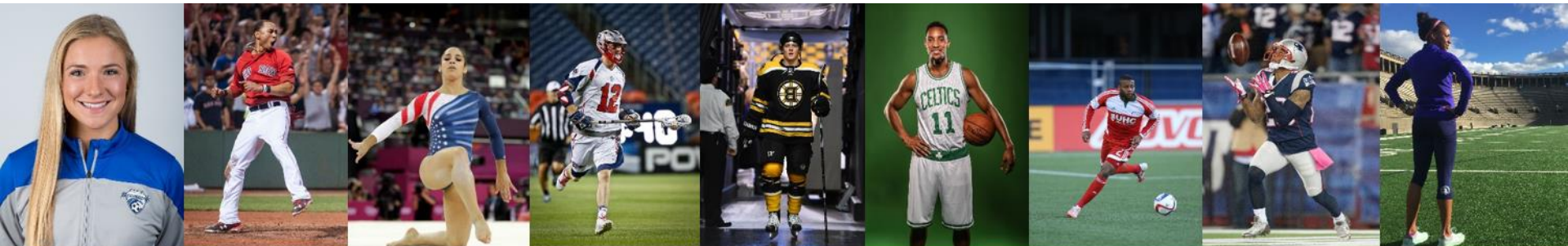
Cydney Ross
BAA



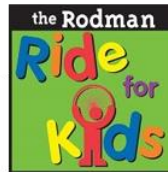
THE INITIATIVE

BOSTON vs BULLIES is an anti-bullying initiative presented by The Sports Museum and the Boston sports community. It features athletes from Boston's professional sports teams sharing their stories and providing kids in our community with ways to stand strong against bullying.

Learn more about our athletes at
bostonvsbullies.org



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Mabel Louise Riley Foundation 



THE OBJECTIVES

- Understand the definition of bullying
- Learn how to help your kids
 - If they are doing the bullying
 - If they are being bullied
 - If they are watching the bullying take place
- Learn what you and your kids can do about cyberbullying

On May 3, 2010, Governor Deval Patrick signed the **Bully Prevention and Intervention Law**, joining 42 other states with similar legislation.

Spirit of the Law

- All children – no matter their race, creed, ethnicity, nationality, sexual orientation, or physical abilities – have an inherent right to an education free of any form of bullying

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WHAT IS BULLYING?

WHAT IS BULLYING?

Bullying is emotional or physical abuse that has 3 defining characteristics

1. It's on purpose
2. It happens over and over again
3. It's an abuse of power

TYPES OF BULLYING

Physical: Pushing, punching, beating up, etc.

Verbal: Teasing, name calling, threatening and inappropriate gestures

Relational: Excluding, ignoring, spreading rumors, getting others to turn against someone

Cyberbullying: Sending or posting hurtful, embarrassing text or images using the internet, cell phones, smartphones, or other devices

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KIDS WHO DO THE BULLYING

WHY KIDS BULLY

- Enjoy using/abusing their power
- Crave attention
- May lack self-confidence
- May be having problems at home or in school
- May have been a victim of bullying

THE REACTION OF KIDS WHO BULLY

- Denies he/she did anything wrong
- He or she trivializes the incident
- He or she counterattacks the victim
- He or she starts to cry and says he/she is the victim
- He or she counts on the bystanders to back up his/her story

IF YOUR CHILD IS BULLYING OTHERS

- Set firm and consistent limits on bullying behavior – bullying is never acceptable
- Be a positive role model
- Use effective non-physical discipline
- Teach children the effects of their actions on the victims
- Develop positive communications with the school
- Help your child develop empathy through volunteering or helping others

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KIDS WHO GET BULLIED

WHY KIDS GET BULLIED

Kids can get bullied for any reason including:

- Race
- Religion
- Sexual orientation
- Physical attributes
- Mental abilities
- National origin
- New to school
- Rich or poor

INDICATORS OF BULLYING

- Unexplained reluctance to go to school
- Fearfulness or unusual anxiety
- Sleep disturbances and nightmares
- Vague physical complaints, such as headaches or stomachaches, especially on school days
- Belongings that are lost or damaged

IF YOU SUSPECT YOUR CHILD IS A TARGET

- Do not ask him/her directly
- Ask questions, such as: What goes on during lunch? What is it like walking to school or riding a bus? Are there any children who are bullying? Do they sometimes bully you?
- Be a good listener – allow your child time to explain how he or she feels
- Practice ways to stand up to bullying

POSITIVE THINGS PARENTS CAN DO

- Tell your child that your child that he/she is a wonderful and caring person who does not deserve to be bullied
- Explain that children who bully have problems and need help
- Develop a buddy system with an older student
- Help your child develop new friendships and interests

LET YOUR CHILD KNOW

- You are pleased that they have told you
- You believe them
- Let them know it's not their fault
- You're sorry that it has happened
- There are things we can do to make the bullying stop

WHAT KIDS CAN DO

- Look the bully in the eye
- Respond in a calm, confident voice
- Talk to a trusted adult or friend
- Walk away
- Find a safe place to go

WHAT KIDS SHOULD NOT DO

- Keep it to themselves
- Retaliate
- Ignore the problem
- Blame themselves

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THE BYSTANDER

WHY BYSTANDERS STAY SILENT

- Afraid of standing up to the bully because they may, in turn, become the target
- Fear being called “snitch,” “tattletale,” “rat,” etc.
- Are drawn into bullying by group pressure
- Feel unsafe
- Fear retaliation
- Believe someone else will help stand up to bullying
- Feel powerless or that nothing can be done to stop bullying

WHAT KIDS CAN DO AS A BYSTANDER

Direct Intervention:

- Help the kid being bullied walk away
- Urge the kid doing the bullying to walk away
- Tell the bully to stop
- Play peacemaker
- Discourage the bully by expressing disapproval
- Defend the kid being bullied

WHAT KIDS CAN DO AS A BYSTANDER

Indirect Intervention:

- Rally support from other kids to stand up against the bullying
- Show friendship and support for the kid being bullied
- Get help from a trusted adult
- Walk away from the situation
- Redirect the situations away from the bullying (change the subject or start a new activity)

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CYBERBULLYING

WHAT IS CYBERBULLYING?

Cyberbullying is sending hurtful, embarrassing, or threatening text or images using:

- Internet
- Cell phones
- Smartphones
- Any other digital communication devices

WHAT KIDS SHOULD KNOW ABOUT CYBERBULLYING

- If you put something online, you can't take it back
- You can't control who will see what you put online
- Don't share personal information online -- that information can be used for cyberbullying
- Cyberbullying can cause a lot of damage by reaching many kids very quickly
- Posting false or private information can isolate kids and ruin reputations
- Don't share your passwords with your friends

WHAT KIDS CAN DO IF THEY SEE CYBERBULLYING

- Don't join in the cyberbullying
- Don't encourage it by forwarding the message or reposting it
- Intervene by showing support for the victim or telling the bully to stop
- Get help from an adult

IF YOUR CHILD IS GETTING CYBERBULLIED

- Check your child's digital devices
- It's best not to respond – kids who cyberbully like to get reactions from their targets
- Report the material to the school, the police, and/or to the website
- Block the person doing the cyberbullying by deleting them as online friends or followers

BE PROACTIVE

- Talk to your child about bullying before it becomes a problem.
- Pay careful attention to the warning signs of bullying.
- Assure your child that if a problem occurs, you are there to help.
- Be informed about your school policies about bullying.
- Explain that everyone can help prevent bullying.

WHAT SCHOOLS CAN DO

- Inform teachers, parents, and kids about bullying prevention policies and procedures.
- Post rules and posters throughout the school.
- Monitor hallways, school yard, cafeteria, gym, bathrooms, etc.
- Establish confidential reporting procedures and follow up.
- Communicate regularly with families about bullying prevention.

WHAT PARENTS CAN DO

- If you suspect your child is being bullied, talk with your child.
- Explain that this is not his/her fault.
- Ask for details, listen carefully, watch your child's reactions.
- Explain that you can help and work together to solve the problem.
- If necessary, speak with your child's teachers or principal.
- Tell your child that reporting is important and telling is not tattling.

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**Let's Win This One
Together!**