

Bl ing emain a oblem fo  
 choo age child en. Acco ding  
 2015 da a f om he Na iona  
 Cen e fo Ed ca iona Sa i ic , one  
 of e e fo den in he Uni ed  
 Sa e e being b llied d ing he  
 choo ea . In a 2015 e , he Cen e  
 fo Di ea e Con ol no ed he inc ea ed  
 likelihoo of choo adj men ,  
 lee di c lie , an ie and de e -  
 ion fo den ho a e b llied. Of  
 en g a e conce i a 2014 a emen  
 b v he CDC ha den ho b ll  
 he , a e b llied i ne b ll ing  
 a e m e likel e e highe le e of  
 icide- ela ed beha han den  
 ho e n o in men in b ll ing.  
 Schoo , choo g nd and choo  
 b e a e en e ha ide a m iad  
 of n i e fo a i e e of  
 b ll ing: name calling; ea ing; ead-  
 ing m e lie ; hing ho ing;  
 hi ing, la ing, kicking; lea ing  
 ; h ea ening; ealing belong ing ;  
 and e al commen e ge e .  
 C be b ll ing, hich i cond c ed  
 online h g cell hone , a e-  
 mail, blogging and on Facebo k,  
 Sna cha e he ocial media i e ,  
 can ha en an he e .

Familie and ea ca in Bidde d  
 and nding comm n i e can  
 and al ead d make a diffe ence  
 b king e ge he ed ce he inci-  
 dent and im ac of b ll ing occ -  
 ence fo K-12 den in hei n '  
 choo . A ea ed ca ' e on e  
 he fo ll ing ke e ion offe g id-  
 ance and advice ab ac ion familie  
 can ake be a of hi eam effo :

1. Wha can a en /familie d  
 hel fo b h e g la b ll ing and  
 c be b ll ing in e m of m o ni o ing  
 and gi ing advice e hei child en?  
 Reg la b ll ing:  
 The bigge hing a en can d e  
 hel i e a ing ela ion hi  
 i h hei child. Child en need kno  
 he can n a ed ad l ( a en  
 eache , ela i e, e.c.) in ime of diffi-  
 c l . Al e , a ven need a e hei  
 child ha he ill k i h hem e  
 hel hem feel a e. John Goff, hi d-  
 g ade eache , C.K. B n Schoo , Sac,  
 and a h of b ll ing- hemed no el

fo hi d  
 e en h  
 g ade ).  
 I hink  
 he be  
 hing a -  
 en can d  
 i li en and  
 begin hel  
 hei chil-  
 d en de e  
 co ing kill  
 and an ac ion  
 lan. If he  
 a en feel  
 hei child i  
 no afe, hen  
 a call e he choo i in e de . (Deni e  
 D'En emon , co n elo and b ll -  
 ing e en ion eciali , Bidde d  
 In e media e Schoo )

To hel com ba he b ll ing i e,  
 a en can im l ha e a e g la con-  
 ce a ion i h hei child en o main-  
 ain an e e, e i e dialog e. Thi  
 a , if child en a e ha ing a oblem,  
 ke y ill e en e hei a en .  
 A ming child en i h he lang age e  
 e he b ll ing i nc edibl hel f l.  
 Fo e am le: I don' like i hen e  
 . Plea e e . I eem im e , b  
 ome ime kid don' eali e ha he  
 a e b ll ing, e eciall e bal b l-  
 l ing, n il he ic im ell hem he  
 don' like i and e e . (High choo  
 eache )

Pa en ho ld e e b ll ing e  
 choo official an ime he e y a con-  
 ce n. (Elemen a y choo inci al).  
 C be b ll ing: y

Pa en need e a i gilan in  
 ega d e den acce y on he in e ne .  
 Pa en ho ld kno a d and be  
 able e check ha hei en a e  
 i e ing and ing. Thi i no a ma -  
 e e i ac , afe (Elemen a  
 choo inci al) y

Pa en ho ld d e ine check-  
 on hei child' online beha i e .  
 Ed ca ion a nd e beha i e on  
 he in e ne i c i cal. Pa en can ha e  
 le on' ha d o if e a e b llied  
 on line: e a g e n y ; in i off;  
 block he ending a (D'En emon )

2. Wha ac ion d e i h a en /

familie o ld ake if he ha e (a)  
 child ho being b llied (b) a child  
 ho i ll ing an e he child?  
 A child ho i being b llied:  
 Comm nica ing i h he choo i  
 he al fi e . (Elemen a choo  
 inci al) y

O en comm nica ion i h choo  
 i im o an . A hi le e l, find ha  
 m o i a ion a e no one d ed and  
 bo h a ie a e con ib ing e he  
 conflic . Being illing and able o li -  
 en bo h ide e im o an . A  
 child ho i being b llied of en need  
 o de e ome heal h co ing kill  
 and need ac ice i h y ole la ing e  
 in e nali e he kill (D'En emon )

A an ed ca , I i h a en  
 o ld i e he choo a a ne  
 in o ing an b ll ing i e. Pa en  
 ho ld con ac he choo admini a -  
 ion and di c a o im e he  
 i a ion. (High choo eache )

If a en belie e ha hei child  
 i a a ge of b ll ing, he ho ld go  
 di ec l e he eache e admini a e  
 and di c he i a ion i h hem.  
 I am fond of a ing ha 'I a good  
 eache b a bad mind eade . ' If I'm  
 no old of a oblem, I can' e i .  
 I o ld al e ad i e coming in e he  
 me ing a calm a o ible. When a  
 b ll ing i a ion occ , a en a e  
 nd e andabl e . Coming in i h  
 a man ecific fac a o ible all  
 choo admini a ion e a o e e  
 he oblem. Schoo ill ha e o licie  
 in lace e handle he a ion. I o ld  
 ad i e a en no e e ocial media  
 e v and add e he i e, a hi  
 end y e make he i a ion bigge and  
 can ca e en mo e diffic l fo bo h  
 of he a ie in e d. (Goff) y

A child ho i b ll ing an e he  
 child: y

The child ho i b ll ing need e  
 e kon h ho he ha he need e  
 h an e y child. Bo h he b ll and  
 he ic im need hel lea ning diffe en  
 kill . (D'En emon )

If e child i he b ll , alk e he  
 g idance co n elo ab he i a -  
 ion and e di co e ha he ig-  
 ge i fo he b ll ing beha i e . Some  
 child en delibe a e l b ll , y he  
 y y

a e na a e of ho hei ac ion a e  
 being ec i ed. A o con ce a ion  
 be een a ven and a g idance co n-  
 elo e o ld be hel f l. (Goff)

3. An e he info ma ion/advice  
 ab he i e e o ld like y  
 b adca ? y