

TYPES OF BULLYING

& What Parents Should Do About It



Type of Bullying	Parent
<p>Physical</p> <ul style="list-style-type: none"> • Hitting • Kicking • Shoving • Spitting • Hazing 	<p>Notify the school immediately if you find out this is happening to your child.</p> <p>Request information about the school's policy.</p> <p>Follow up to make sure administrative processes are followed.</p>
<p>Verbal</p> <ul style="list-style-type: none"> • Teasing • Name calling • Insults • Rumors • Gossip 	<p>Listen to your child.</p> <p>Do not blame him/her for being targeted. Keep track of the bullying, including when and where it occurs, so you can provide the school with details.</p> <p>Make it clear to your child that many value him/her.</p> <p>Don't let the bully's version become your child's identity.</p> <p>Monitor your own behavior and make sure you are not modeling these.</p>
<p>Emotional/Non-Verbal</p> <ul style="list-style-type: none"> • Exclusion • Damaging Property • Intimidating Gestures • Faking Friendship 	<p>Emphasize the importance of seeking out those who treat others with respect.</p> <p>Be proactive in encouraging friendships.</p> <p>Find social networks for you child outside of school; this will lessen the impact of this kind of behavior.</p> <p>Alert the school if the behavior persists.</p> <p>Recognize that this can be an indication of poor social skills or learning differences.</p>
<p>Cyber – Using text, email, social networks to</p> <ul style="list-style-type: none"> • Spread rumors • Embarrass or humiliate • Generate “quizzes” about students • Send hurtful messages 	<p>Help your child eliminate the means of attack (blocking email, text, unfriending, etc.).</p> <p>Contact the service provider and school to notify them of abuse.</p> <p>Understand this type of bullying often works both ways, and hold your child accountable if he/she participates.</p> <p>Discuss the potential consequences of the permanent record that remains on the Internet.</p>