



THE
**JUDGEMENT FREE
GENERATION**[®]
a pro-kindness, anti-bullying movement

Bullying Prevention 101:

Brought to you by PACER's National Bullying Prevention Center
and Planet Fitness' Judgement Free Generation[®]

DEFINING BULLYING

There are many different types of bullying but it is typically defined by the following:

- The behavior hurts, humiliates or harms another person physically or emotionally
- Those targeted have difficulty stopping the action and struggle to defend themselves
- There is a real or perceived social or physical "imbalance of power"
- The behavior is typically repeated

Many students define bullying as:

"when someone makes you feel less about who you are as a person."

DID YOU KNOW...

...bullying is not the same as conflict?

Conflict can be a disagreement or argument when both sides express their views. While people may not agree in these instances, it's not bullying if both parties can respectfully share what they think without demeaning or intentionally hurting the other person.

...harassment is different from bullying?

Bullying and harassment are often used interchangeably when talking about hurtful or harmful behavior. They are very similar, but bullying behavior is considered harassment when it is directed at a protected class – such as a group identified by race, religion, sex, age, disability and national origin.

...the Internet is changing how youth experience bullying?

Cyberbullying is often defined as an aggressive, intentional act using an online medium, such as email, texting, social media or instant messages, repeatedly against someone.

HOW TO APPROACH SCENARIOS AT HOME

If your child is being bullied...

- Be supportive
- Listen to them without judgement
- Discuss their ideas on how they want to handle
- Let them know that you are there for them and will help them
- Make a plan for next steps
- Identify others who may be able to help, such as a teacher or school counselor

If your child witnesses bullying...

- Reassure them that by telling an adult, they are taking a positive first step
- Share that they can make a positive impact on others
- Make a plan for how to respond if they witness bullying in the future, such as notifying an adult or intervening with actions they are comfortable with
- Reinforce that they should never participate in or support bullying
- Encourage them to show support and be kind to the student who is bullied
- Reinforce that it's a good idea to tell an adult about the bullying - this is not tattling

If your child is doing the bullying...

- Know that bullying is a behavior and that behavior can be changed
- Recognize that children bully for many different reasons
- Have a calm conversation to explore the reasons for their behavior
- Help your child understand how their behavior affects others
- Make your expectations of appropriate behavior clear and consistent
- Let them know bullying is not okay under any circumstances
- Provide appropriate and meaningful consequences that fit the situation
- Help them think through how they can handle situations more positively
- Give positive feedback for good choices

EMPOWERING YOUTH

Did you know that adults don't see most bullying?

Bullying often takes place outside the view of adults – in the classroom when the teacher leaves the room, on the playground, on the bus or online. In order for youth to feel equipped to take action, it is important to empower them as advocates for themselves and others.

Encouraging youth to advocate for others and for themselves:

Did you know that every child and teen can and should develop skills to address and prevent bullying?

Advocacy for self and others helps youth:

- Feel empowered to help prevent bullying they see or experience
- Identify what help is needed to address bullying
- Ask others to get involved
- Respectfully express disagreement
- Offer their opinions with confidence
- Make a positive difference for themselves and others

Advocacy =

Helping others get what they need

Self-advocacy =

Communicating what they need

Three Simple Steps for Promoting Advocacy and Self-advocacy:

- 1. REFLECT.** Encourage your child or teen to think about bullying they have witnessed or experienced. They can describe or write down the situation – what happened, where it happened, who was involved and how it made them feel.
- 2. QUESTION.** Ask them to consider how the situation could be different – what would they like to have seen happen, how could things be changed and what would help them feel in control of the situation.
- 3. PLAN.** Brainstorm the steps needed to make those changes happen. Talk through the role your child can play, who should be involved and what each person needs to do.

It's important to note here that while it's not up to the child to handle the situation on their own, it's important they feel empowered to share their perspective.