

## HOW TO TALK ABOUT BULLYING



**Stopbullying.gov provides the following advice on how the caring adults in a child's life can play a role in preventing bullying. They can:**

- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure **kids** know how to get help.
- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- Model how to treat others with kindness and respect.

## UNDERSTANDING BULLYING

**In Kicked**, Karen is subjected to verbal bullying by her classmate, Teja. Teja's cruel words hurt more than Karen's feelings. They wound her self-confidence and make her question her own self-identity.



There is no universally accepted definition of bullying. It is important to have a clear understanding of exactly what bullying is in order to deal with it effectively. Some behaviors which may be distressing to your child, such as mutual arguments, would not be considered as bullying. Bullying has certain features which make it different from other types of violence or abuse. According to Dr. Ken Rigby, an expert in studying bullying:

“Bullying is a systematic and repeated abuse of power. In general bullying may be defined as:

- *Dominating or hurting someone.*
- *Unfair action by the perpetrator(s) and an imbalance of power.*
- *A lack of adequate defense by the target and feelings of oppression and humiliation.*”