



Parent Assignment #3: Grade 4

A big, tough kid stops a smaller kid on his way to school and threatens to hurt him unless he hands over his homework. The popular girls at school won't let anyone sit at their lunch table except their friends. These two bullying scenarios and others happen more often than most adults realize with 74% of 8- 11-year-olds saying that teasing and bullying happen at their school. But what exactly is bullying?



Bullying is

- Fighting, threatening, name-calling, teasing, or excluding someone repeatedly and over time
- An imbalance of power, such as size or popularity
- Physical, social, and emotional harm
- Hurting another person to get something

Many parents don't think that bullying is as big a problem as bringing a weapon to school or drug use but its effects can be severe and long lasting. Every day, nearly 160,000 children miss school because they are scared of bullying, according to the National Education Association (www.nea.org).

When Your Child Is Bullied

Many kids are embarrassed to be bullied and may not tell their parents or another adult right away. If your child comes to you and asks for help with a bully, take it seriously. Many times, if kids aren't taken seriously the first time they ask for help, they don't ask again.

Even if your child doesn't turn to you for help, you can watch for these warning signs that he or she is being bullied. Kids who are bullied often experience

- Withdrawal
- A loss of friends
- A drop in grades
- A loss of interest in activities he or she previously enjoyed
- Torn clothing
- Bruises
- A need for extra money or supplies

If you think your child is being bullied or if your child has told you that he or she is being bullied, you can help. Parents are often the best resource to build a child's self-confidence and teach him/her how to best solve problems. Here are a few ways you can help:

- Talk to your child's teacher about it instead of confronting the bully's parents. If the teacher doesn't act to stop the bullying, talk to the principal.
- Teach your child nonviolent ways to deal with bullies, like walking away, playing with friends, or talking it out.
- Help your child act with self-confidence. With him or her, practice walking upright, looking people in the eye, and speaking clearly.
- Don't encourage your child to fight. This could lead to him or her getting hurt, getting in trouble, and beginning more serious problems with the bully.
- Involve your child in activities outside of school. This way he or she can make friends in a different social circle.

Some children seem to be bullied all the time, while others rarely get picked on. Why do some kids seem to attract all of the bullies? Kids who are bullied often

- Are different from other kids, whether by size, race, sexually, or have different interests
- Seem weak, either physically or emotionally
- Are insecure
- Want approval
- Won't tell on their bullies

Source: <http://www.ncpc.org>

Assignment

Ask your child to review the day's lesson and handouts with you. Discuss their feelings about the lesson and any issues that may have come up for them that day in school.

1) Encourage your child to "interview" you regarding your experiences with bullies. Answer the following questions: Were you bullied at school when you were a child? Did you ever have to deal with a bully? What did you do? Did your school have any rules against bullying? What do you think can be done to stop bullying in schools?

Write your answers on a separate piece of paper. Then "interview" your child asking the same questions. Review your answers with your child and then compare them to your child's experiences. How are they alike? Different? Talk about the rules and consequences of bullying at your child's school.

2) Pick a movie, book or TV show you've both seen or read that had bullying in it. What did the victim and any witnesses do about it? What worked and what didn't? Did the story make bullying seem funny or serious?

3) Ask your child about a situation at school that they encountered or saw bullying. Role-play and practice different ways to respond. Have a contest to see who can come up with the best or funniest response.

4) Support bully prevention programs in your child's school. If your school doesn't have one, consider starting one with other parents, teachers, and concerned adults.



Livingston Youth and Community Services

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Student's Name: _____

Parent's Name: _____

Which assignment did you choose, and why? _____

Was this lesson helpful? Yes/ No

Please explain _____

Parent Signature: _____ Date: _____

Raffle Entry

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Student's Name: _____ Parent's Name: _____

School: _____ Grade 4

Please complete this sheet and return to LYCS, PO Box 822, Livingston, NJ 07039,
Fax: 973-992-9318, email: lycs@livingston.org, or leave at reception in school