

PRACTICE, TEACH,
AND MODEL THE
LIFESKILLS AT HOME

- | | |
|-----------------|----------------|
| Caring | Cooperation |
| Pride | Responsibility |
| Respect | Friendship |
| Organization | Perseverance |
| Problem-Solving | Sense of Humor |
| Flexibility | Common Sense |
| Effort | Patience |
| Curiosity | Courage |
| Good Manners | Integrity |



Ideas in this brochure taken from
National Parent Information Network,
schwableaning.org,
parentkidsright.com

HOW CAN WE HELP?

THE BULLY—uses power in a willful manner with the aim of hurting another individual repeatedly.

THE VICTIM— is the target of bullying.

****THE BYSTANDER** — make up the majority of the children who watch bullying incidents and stand silently on the sideline not knowing what to do.

Remember that aggression and hurtful remarks are part of conflict at all ages; they do not necessarily mean that a bully-victim problem exists. **TRUE BULLYING** is **repeated exposure** over time to negative actions.

Your child may be the “the bully” the “bystander” or the “victim.” To have a good summer you may also want specific ideas or outside support for your child.

If you continue to struggle with helping your child make wise choices please call Nancy Starewicz, Ext. 309.



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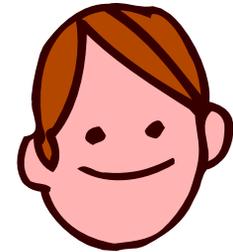
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JOAN MARTIN SCHOOL

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SUMMER BULLIES BEWARE!



No Put-downs

Truth

Trust

Personal Best

Active Listening

TEL: 219 947 7869

**FOR A
STRESSLESS SUMMER —
WHAT I NEED TO KNOW**



The least effective strategy with bullies is telling your child to deal with the problem by himself.

This summer, look for these signs when your child returns from playing in the neighborhood, day camps, babysitting, or playing in the park:

- Unexplained injuries such as bruises, cuts, and scratches
- Complaining of headaches or stomachaches
- Telling you that he/she has no one to play with
- Fearful of walking to an area to play away from your home
- Asking for or taking extra money from family members
- Appears anxious, distressed, unhappy when involved in organized play

**NURTURING YOUR
CHILD'S SELF-ESTEEM**

- Teach your child how to walk in a confident manner.
- Encourage your child to participate in physical training or sports. Physical exercise can result in better physical coordination and less body anxiety, which, in turn, is likely to increase self-confidence and improve peer relationships.
- Teach your child to look people in the eye, how to smile with friendliness and assurance, and how to walk as though he/she has a right to be at that park—which, of course your child has.

WHAT YOU CAN DO

- Listen carefully to your child's reports of being bullied this summer. Characterize the exchange as "reporting" not "tattling." **ALSO CHECK OUT THE FACTS .**
- Do not blame the victim.
- Realize that for a child that is being bullied, home is a refuge.
- Work with other parents to keep an eye out for bullying in the neighborhood, games, events, etc.
- Help your child make friends. Arrange for play dates with other neighborhood children at your home.

Teaching Your Child Safety Strategies

- Remember that hitting back is not a choice.
- Encourage your child to walk away and tell an adult.
- Talk about safe ways to act in situations that might be dangerous. For example, identify the "Safe Places" in Hobart where your child can go.
- Teach your child to report bullying incidents to you in an effective way:

What is being done

Who is doing it

What has he/she done to try to resolve the problem

Give a clear explanation of what he/she needs from the adult to get the bully to quit.

Help the neighborhood children use their imagination in play. Great book:
Christina Katerina & the Box
by Patricia Lee Gauch



M.O.P. AT HOME

Teach, model, and practice these questions so that your child can "mop up" inappropriate behavior:

Me—Did or could this hurt **me** or get me in trouble?

Others — Did or could this **hurt others** or get others in trouble?

Property — Did or could this hurt somebody's **property**?

TRY USING THESE QUESTIONS WITH YOUR CHILD IN DIFFICULT SITUATIONS.



Following The 4 A's at Home

To help your child make better choices and learn from his/her mistakes practice, model, and teach:

ADMIT—Write or tell me what you did wrong.

APOLOGIZE — Write or tell me how you are going to say that you are sorry.

ACCEPT — Repeat that you will accept the consequences and responsibility of your actions.

AMENDS—Tell how you will fix the problem or behavior.