

STAND UP FOR THOSE WHO CAN'T



**STOP
BULLYING
NOW**

GET INVOLVED IN OUR ANTI-BULLYING INITIATIVE

MYND

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Welcome to MYND Practice

Hi There!

MYND Practice was founded to help our emotionally crippled society heal by providing compassion, communication, and a sense of belonging. We are dedicated to social change that helps bring about initiatives that better people's lives.

MYND Practice believes it can make a difference in the way society approaches mental health, helping to create a more stable, happier, and fulfilled society.

MYND Practice has been dedicated to fulfilling its mission of inspiring and giving people hope by assisting them in making positive changes in their health, relationships, businesses, and finances.

Counselling isn't just about making a bad life good, but making a good life great. It's about building a brighter future for yourself and your loved ones. Our single focus is helping you achieve what's most important to you.

Jonathan Riley

MYND PRACTICE FOUNDER

Hi, I'm Jonathan Riley. I have dedicated my life to the field of mental health as a writer, educator, counsellor, and speaker.

No matter where you are on life's journey, you are welcome here.



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A PARENT'S GUIDE TO BULLYING

If your child has previously experienced or is currently experiencing bullying behaviour, it can be a very upsetting and emotional time. You may also feel quite isolated and anxious about what to do to support your child and resolve the situation. In this guide, we will explore bullying behaviour and definitions, some of the most common signs to look out for if you know or suspect that your child is experiencing bullying behaviour and practical next steps towards a solution.

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LET'S GET STARTED

Don't be afraid. Be focused. Be determined.
Be hopeful. Be empowered

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WHAT IS BULLYING?

Bullying can exist in many forms: It can be physical (pushing, punching, or hitting), verbal (name-calling or threats), or psychological and emotional (spreading rumours or excluding someone from a conversation or activity).

And with the pervasive use of social media, inappropriate behaviour between kids can occur outside of school hours via emails, text messages, and Instagram posts. These exchanges, known as cyberbullying, can be particularly hurtful and aggressive, and their harmful effects are often brought back into school the next day.





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WHY DO SOME CHILDREN BULLY OTHERS?

Children become targets because bullies need victims. Our research shows bullies tend to ‘test’ their targets-to find a child who reacts by crying or running away or otherwise seems vulnerable. Bullies will find something to focus on, small or large: wearing glasses, hair colour, being intelligent and getting good marks as well as struggling academically. Whatever it is, this so-called difference is just the excuse the bully needs or creates to ‘justify’ their behaviour. One solution is to have these conversations with children right from the start so they're ready to handle difficult situations. There are lots of different reasons why a child may become a bully. Some children may turn to bullying as a way of coping with a difficult situation: the death of a relative, or their parents' divorce. Some are used to bullying to get their way, especially if they come from a family where everyone bullies; others have been abused and take out their humiliation and anger on others.



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ADVICE TO PARENTS

It's hard for any parent to believe that their child is being bullied by another child. You might be feeling shocked, worried, fearful or defensive - these are all normal reactions. Bullying can be stopped - and parents can make a big difference. Bullying is a serious concern in ALL schools. Bullying can cause severe reactions in some children, including low self-esteem, depression, anxiety about going to school, and even suicidal thoughts. Bullying is too important to ignore. Left unchecked, bullying behaviour can continue to hurt your child's social and academic life. Bullying is not normal behaviour or just part of growing up so it's important we take it seriously!

BULLYING ASSESSMENT

		YES	NO
1	Do you ever get hit, kicked, punched, or pushed around?	<input type="checkbox"/>	<input type="checkbox"/>
2	Are you called names, laughed at, or made fun of?	<input type="checkbox"/>	<input type="checkbox"/>
3	Do your friends talk behind your back and spread rumours?	<input type="checkbox"/>	<input type="checkbox"/>
4	Do your friends exclude you from the group?	<input type="checkbox"/>	<input type="checkbox"/>
5	Do teachers try to reduce bullying at school?	<input type="checkbox"/>	<input type="checkbox"/>
6	Does the school make any efforts to reduce bullying?	<input type="checkbox"/>	<input type="checkbox"/>
7	Is there is a need for a bullying prevention program at school.	<input type="checkbox"/>	<input type="checkbox"/>
8	Do you think students are adequately supervised at school?	<input type="checkbox"/>	<input type="checkbox"/>



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Helping Kids Deal With Bullies

Children must understand that bullies have a need for power and control over others and a desire to hurt people. They often lack self-control, empathy, and sensitivity. With that said, it can be helpful for children to use certain strategies when dealing with bullies:

Keep an open line of communication

Check in with your children daily about how things are going at school. Use a calm, friendly tone and create a nurturing climate so they aren't afraid to tell you if something's wrong. Emphasize that their safety and well-being are important and that they should always talk to an adult about any problems, even problems that they think are "small" ones.

Talk with your child

When you first talk with your child about bullying, be prepared to listen without judgment, and provide a safe and supportive place where your child can work out his or her feelings. Children may not be ready to open up right away as they, too, are dealing with the emotional effects of bullying and may be feeling insecure, frightened, vulnerable, angry, or sad. When your child begins to tell their story, just listen and avoid making judgmental comments. It's important to learn as much as possible about the situation, such as how long the behaviour has been happening, who has been involved, and what steps have been taken. Encourage your child to talk, and let them know they are not alone and you are there to help.

Support and empower your child

After hearing your child's story, empower them to create an action plan to help stop the bullying. Talk with your child about ways you can support them as well as intervention strategies they can use, such as working with the school or advocating on their own. Creating a plan that works with your child's strengths and abilities can help build self-confidence and resilience. Make sure to share these agreed-upon strategies with those involved in your child's life, such as teachers, coaches, and other adults who interact with your child on a daily basis.

Who else should be involved

When a child is a target of bullying, parents need to document the events and develop a record of what is happening to their child. Written records provide a history of incidences and responses, which can be very helpful when addressing the issue with school administrators or law enforcement. Other options include contacting a school counsellor or other health professionals for advice. If the situation doesn't change, your plan might include steps to contact local law enforcement or legal counsel.

Have a plan in place

It's not up to a child to prevent their own bullying, but it can be helpful to have a plan in place for how to address it and potentially help stop it from escalating. If your child is being bullied, it's important that you help them understand that it is never their fault. Bullying is always more about the person who is engaging in the behaviour and not the person being targeted.

Make a list of possible responses

Practice phrases your child can use to tell someone to stop bullying behaviour. These should be simple and direct but not antagonistic: "Leave me alone." "Back off." "That wasn't nice." Your child could also try, "Yeah, whatever," and then walk away. "The key is that a comeback shouldn't be a put-down because that aggravates a bully.

Role-play "what if" scenarios

Role-playing is a terrific way to build confidence and empower your child to deal with challenges. You can role-play the bully while your child practices different responses until they feel confident handling troublesome situations. As you role-play, teach your child to speak in a strong, firm voice.

Build your child's confidence

The better your child feels about themselves, the less likely the bullying will affect their self-esteem. Encourage hobbies, extracurricular activities, and social situations that bring out the best in your child. Tell your child the unique qualities you love about them and reinforce positive behaviours that you'd like to see more. Honouring kids' strengths and encouraging healthy connections with others can affect self-esteem, increase your kids' long-term confidence, and prevent any potential bullying situations.



REACTIONS TO AVOID



1. TELLING YOUR CHILD TO STAND UP TO THE BULLY.

This can imply that it is your child's responsibility to handle the situation. While there is a ring of truth to this statement (being assertive is often a good response) sending your child back into the situation without further information will probably cause more harm.

2. TELLING YOUR CHILD TO IGNORE THE BULLY.

This is easier said than done. Your child has probably tried ignoring the situation, which is a typical response for children. If that method had been effective, however, there wouldn't be a need for the child to seek your help. If the person who is bullying realizes that their target is purposefully "ignoring" them, it can actually ignite further bullying, since that response provides the sense of power and control the bully seeks.

3. TAKING MATTERS INTO YOUR OWN HANDS

A normal gut response from parents is to try to fix the situation and remove their child from harm. For example, a parent might call the parents of the student who is bullying, or directly confront the bully. Remember, when children tell a parent about bullying, they are looking for the parent to guide them to a solution that makes them feel empowered. Involve them in the process of determining next steps. Typically, calling the other parent or directly confronting the bullying student is ineffective.

Make sure your child knows:

- It is NOT their fault. They are not to blame.
- They are NOT alone. You are here to help.
- It is the adults' responsibility make the bullying stop.
- Bullying is never okay and they have the right to be safe.
- No one deserves to be bullied.
- They deserve to be treated with respect.
- They have the right to feel safe at school.

MOOD & FEELINGS ASSESSMENT

		YES	NO
1	Do you have difficulty sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
2	Do you ever lose your appetite?	<input type="checkbox"/>	<input type="checkbox"/>
3	Do you have difficulty concentrating?	<input type="checkbox"/>	<input type="checkbox"/>
4	Do you feel down about yourself?	<input type="checkbox"/>	<input type="checkbox"/>
5	Do you find it difficult to cope at times?	<input type="checkbox"/>	<input type="checkbox"/>
6	Do you have thoughts of hurting yourself?	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you struggle with your schoolwork?	<input type="checkbox"/>	<input type="checkbox"/>
8	Do you feel hopeless or powerless?	<input type="checkbox"/>	<input type="checkbox"/>
9	Do you feel lonely, sad, angry, or confused?	<input type="checkbox"/>	<input type="checkbox"/>
10	Do you feel unsafe or afraid?	<input type="checkbox"/>	<input type="checkbox"/>

MYTHS ABOUT BULLYING

People may say some of the following things about bullying. They are well-meaning, but wrong!

“They’ll just have to learn to stand up to the bullies.”

Children who tell about bullying have usually reached the end of their tether. If they could have dealt with the bullying, they would have. Asking for support is not weakness but an intelligent decision.

“Tell them to hit back - harder.”

Bullies are often bigger than their victims, so the victim could get seriously hurt by ‘hitting back’. Parents tell us that when their children do hit back, they are often caught by a teacher and blamed unfairly.

“It’s character-building.”

The sort of ‘character’ it builds is not the sort of character most parents want for their children. Bullying damages self esteem and certainly does not help either bullies or victims.

“Sticks and stones may break your bones but words can never hurt you.”

Bruises left by blows fade, but the scars left by name-calling can last for ever. An 84 year old man told us: “I can remember every word those fiends said. I’ve been hearing their bullying jeers in my head all my life”.

Bullying is NEVER a good thing; it is always damaging, both for bullies and their targets.



HANDLING BULLYING QUESTIONNAIRE

When answering the following questions, indicate what you believe you might do if bullying occurs.



01 Where does bullying usually occur?

02 When someone bullies you, who do you tell?

03 What did they do after you told them you were being bullied?

04

What would make you feel safe at school from bullying?

05

Who in your year level is supportive (teachers, friends, etc)?

06

How well does your school handle bullying?

07

What other support would you like from others at school?

08

What else do you want teachers and parents to do about bullying?

09

What can you do to protect yourself from bullying?

Parent's Guide to Bullying

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PLANNING AHEAD

Bullying is a serious matter, one which needs to be taken serious by both parents and schools. By supporting your child in their fears, concerns and encouraging them to talk to you, you will hopefully be able to create a safe haven for your child, put a stop to any bullying, and preventing such incidents occurring in the future. Bullies have to learn that bullying is unacceptable and that, if they continue to behave unacceptably, then there are consequences. What parents shouldn't do—no matter the child's age—is assume that this is normal peer stuff that will work itself out. Helping your child deal with a bully will build confidence and prevent a difficult situation from escalating.



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GET SUPPORT TODAY

Don't be afraid. Be focused. Be determined.
Be hopeful. Be empowered

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THANK YOU!

We're so grateful to have you as a customer, and we hope you love what you're getting. Get in touch with us if there is anything else we can do for you.

“Knowing yourself is the beginning of all wisdom” — Aristotle

Jonathan Riley

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