

# Parents Workshop Presentation

Community Workshop



**SIMPLE and EASY to Use**

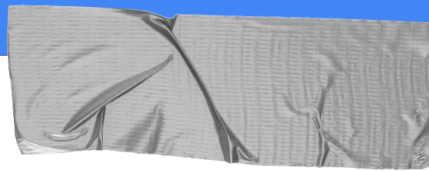
**For Notes**

Go to  
[bullystop360.com](http://bullystop360.com/workshop)  
/workshop

# **Introductions**

**Dan Taylor and Julien R. Cooper**

We're here today to share with parents,  
information about training your children  
to be safer, when they are not with you.



# Getting to know us

Just like you, we are...

- **PARENTS**
- **GRANDPARENTS**
- **GREAT GRANDPARENTS**
- **AUNTS, UNCLES and COUSINS**

# Bullying Defined



**Bullying  
goes  
beyond  
rudeness**

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

# Signs of Bullying

Whether they are being bullied or they are bullying others

Eating habit changes

Changing their route to and from school - this is to avoid a bully on their normal route

Trouble sleeping or nightmares

Excessive mood swings, crying, tantrums, etc.

Secrecy about their online activities; hiding phones

Low self esteem

Stomach issues and headaches

They don't want to go to school

Drop in grades and/or in their homework

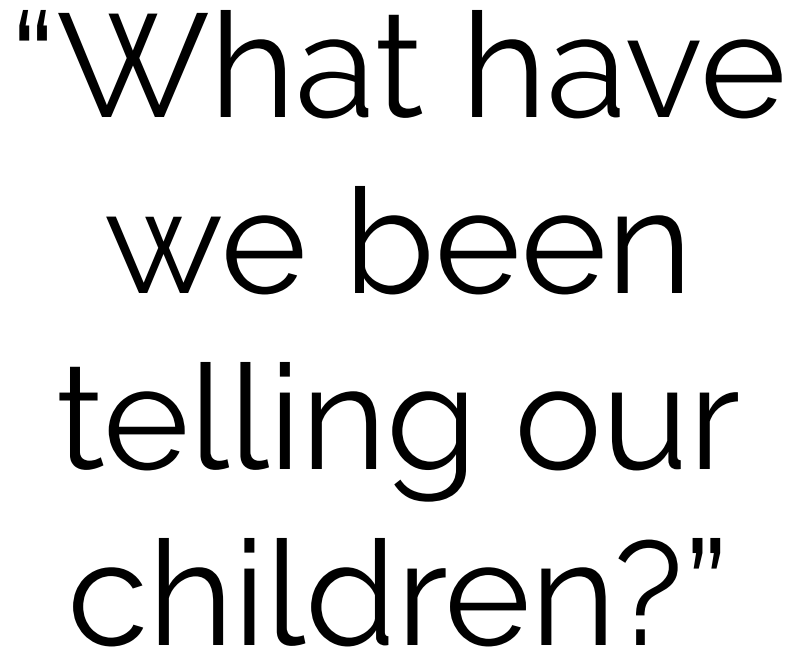
They don't want to hang out with or talk with their usual circle of friends

Running away from home

Harming themselves - Unexplained bruises or injuries

Bullying of siblings - or unusual / uncharacteristic aggressive behavior

Too 'sick' to go to school; constant physical complaints to avoid going



“What have  
we been  
telling our  
children?”

Generationally  
speaking, if you  
were taught  
this way,  
chances are  
you will teach  
the same way.

“If someone says something mean to  
you, you say something back.”

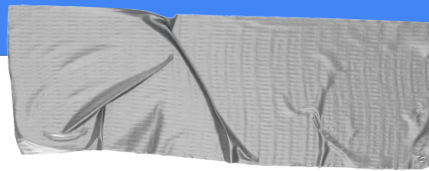
Or

“If someone pushes you, you push  
them right back.”

Or

“If someone gets in your face, you  
don’t back down.”      And, so on!





**Obviously, this  
isn't working.**

**Maybe that's  
why you're here?**

# BULLYING HURTS

# STOP THE EPIDEMIC

SUICIDE IS THE THIRD LEADING CAUSE OF DEATH AMONG YOUNG PEOPLE

There are at least  
**100 ATTEMPTS** at  
suicide for every  
tragic suicide  
among young  
people

Every 7 minutes a  
child is bullied,  
with only **11%** of  
these cases being  
intervened by a  
peer

Nationally, there  
are over **4,400**  
bully related  
**DEATHS** per year



Ironically, we teach  
our children...

- Don't touch a hot stove
- Beware of dogs
- Don't play in the street  
(or to watch for cars)
- Use the crosswalks
- Don't play with fire, or  
matches, or electrical  
outlets

**Of  
course,  
this is all  
good  
stuff!**



But, are we telling our children...


- Some people will say mean things to you
- Some people will touch you without your permission
- Some people will try and hurt your feelings

**These scenarios can be just as dangerous!**

So, when  
the bully  
shows  
up...

Do your children  
know ***what to do?***

And do they know  
***what to say?***



**Now,  
let's get  
to the  
training**

**These steps will help  
them be safer, when  
you're not around**

1. Move Away
2. Speak Up
3. Don't Touch /  
Don't Be Touched

# Begin by...

**Communicating** - Talk to your children when you notice the warning signs of bullying.

Let your children know they are not in trouble, you are just concerned

Your conversations are a 'safe place' to discuss whatever they wish to discuss

Use open-ended questions. Who? What? Where? How often?

**Committing to helping** - your children through their issues together.

**Agreeing to notify and report** - it to the appropriate person: school principal or administrator, adult church leaders, adult Scout leaders, adult camp counselors, etc. **Reporting is an important step in identifying the regularity of the conflict. The institution is now on alert for your child**



## 1. MOVE AWAY

The most important thing your children can do to avoid a conflict is **MOVE AWAY!**

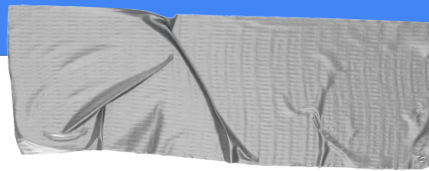
By moving away they are already taking away the perceived power of a bully.

Bullies want your children **close** to them, and **quite**.

When your children **MOVE AWAY** they control the distance between themselves and the aggressor or bully.

Your children need to understand, distance from the bully is the key to handling a crisis or bullying event.



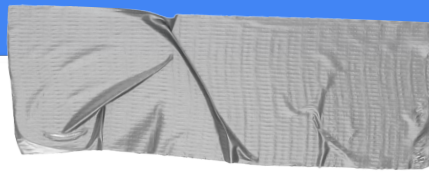


## 2. SPEAK UP!

In order to verbally assist your children to avoid a crisis, we need them to establish a default response with ***easy to use language***, such as:

**“Quit it, right now!”**

When your child uses this language with a **loud assertive voice**, along with **moving away**, they are already ***making themselves and the bullies safer***. A loud voice is the last thing bullies want to hear. Additionally, when adults hear this, they will be on alert of a situation, like a fire alarm alerts us all!



### 3. DON'T TOUCH. DON'T BE TOUCHED

This element seems obvious when we speak about physical safety, however, it's just as important as the other two elements.

Even when the confrontation goes ***beyond*** bullying, physical contact should **absolutely be your children's last option**.

Keep in mind, most tragedies from physical contact comes from falling ***after*** the initial touch, by hitting their head on the street, a curb, a wall, a rock, etc.

# Practice Practice Practice

This doesn't take  
long at all!

Repetition is the way  
to train your children  
these techniques.

**Car trips** - to school, to sports practices, etc.

**During TV commercials**

**Bedtime routines**

**Setting practice reminders on your phones**

**Lunch notes**

**Make signs** - homemade or from the internet

**Make a game of it** - "see a yellow car"

## Have FUN with it!



# **Bullying Prevention Resources**

**stopbullying.gov**

**wetip.com**



How are  
you  
going to  
do this?

**TRAIN** your children  
**TRAIN**

**TRAIN**

1. Move Away
2. Speak Up
3. Don't Touch /  
Don't Be Touched



Does anyone  
have any  
**Questions or  
Comments** on  
what they've  
seen here today?

**Thank you for  
attending.**

# **A Safer Child is a Happier Child**

For a copy of this presentation go to  
[www.bullystop360.com/workshop](http://www.bullystop360.com/workshop)

