

# CONVERSATIONS ON BULLYING: PROMOTING KINDNESS



Navigate STL Schools is committed to promoting the social and emotional wellbeing of all children, and this means taking a firm anti-bullying stance. We strive to be a resource for parents, teachers, and professionals in order to come together as a community to prevent bullying.

Bullying is detrimental to the school atmosphere and erodes a child's sense of safety. That sense of safety is essential to a child's social and emotional wellbeing. Use this resource to better understand the impacts of bullying, and what you can do to prevent it.

## Types of Bullying

Bullying can take many different forms, and occur across many different modes. Below are common forms of bullying:

- **Physical** (punching, hair pulling)
- **Verbal/emotional** (name calling, relentless teasing, social exclusion)
- **Sexual** (unwanted touching)
- **Racial** (use of slurs, mocking, race-based violence)
- **Cyber** (use of social media platforms, often incorporates other forms of bullying)

## Bullying Research

**Kids who bully are more likely to experience:**

- Verbal and physical violence at home
- Likely have overly-reactive or uninvolved parents at home

**Kids who are bullied can experience:**

- Depression and anxiety
- Decreased academic performance and school avoidance
- Physical health concerns (sleep disturbances, body aches)

## WHAT CAN PARENTS/TEACHERS DO?

### What NOT to Do

- Don't tell your child to stand up to the bully or fight back
  - this puts the role of addressing the bully on your child, instead of adults, and can intensify bullying
- Don't shame your child for reaching out for help
  - "Don't be a tattler" or "ignore it" are harmful, and can lead to serious harm
- Don't ignore (always be mindful of) your child's call for help. This looks different for everyone.

### What You CAN Do

- Recognize the warning signs of bullying and immediately communicate with appropriate officials regarding your concerns
  - Administration, counselors, social workers, teachers, etc.
- Thank your child for sharing with you
  - this can be hard, as kids can feel embarrassed and ashamed about being bullied
- Seek mental health support for your child if you notice ongoing bullying and / or a change in behavior due to bullying

### Other Prevention Tips

- Proactively engage your child / prepare them to constructively deal with bullies. For example, encourage your child to self-regulate their responses to bullies / role play with them at home
  - This will also help them become aware of and comfortable with their feelings (enough to share with someone if they feel they are being bullied)
- Role model healthy behavior / promote kindness in their environments
  - Kids often model behavior seen within their homes