



## Three types of bullying.

- Verbal
  - Verbal bullying is described by saying or writing malicious things.
  - Verbal bullying includes:
    1. Teasing.
    2. Name-calling.
    3. Inappropriate sexual remarks.
    4. Taunting.
    5. Threats to cause harm.
- Social
  - Social bullying is referred to as relational bullying, and it involves hurting someone's reputation or relationships.
  - Social bullying includes:
    1. Purposefully leaving someone out.
    2. Telling other kids not to be friends with someone.
    3. Spreading rumors about someone.
    4. Embarrassing someone in public.
- Physical
  - Physical bullying involves hurting a person's body or possessions.
  - Physical bullying includes:
    1. Hitting/kicking/pinching.
    2. Spitting.
    3. Tripping/pushing.
    4. Taking or breaking someone's things.
    5. Making mean or rude hand gestures.

## My son/daughter is being bullied.

- If your son/daughter is uncomfortable talking about their situation, offer to listen without them mentioning any names.
  - Kids who are bullied can feel like they are:
    1. Different
    2. Powerless
    3. Worthless
    4. Unpopular
    5. Alone
- Bullying often results in a child having a hard time standing up for themselves. They think the kid who bullies them is more powerful than they are. This can have serious repercussions to their lives at school and at home.
  - Bullying can make them:
    1. Sad, lonely, or nervous.
    2. Feel sick.
    3. Have problems at school.
    4. Bully other kids.
- Your initial response.
  - It's important that you take what your student is saying seriously. You may be the first person they have told.
  - Telling an adult takes a tremendous amount of courage, so make sure you commend your son/daughter for being strong and brave enough to let you know.

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- Let them know, It's not your fault.
  - Build them up with encouragement in knowing they aren't the cause of the bullying.
  - It's now time to report the problem to the authorities where the bullying occurs.
  - Even if you suspect that someone is bullying your student, seek help for him or her as soon as possible.

### My kid is a bully.

- Kids bully others for many reasons, some of which may be:
  - They want to copy their friends.
  - They think bullying will help them fit in.
  - They think they are better than the kid they are bullying.
- Kids who bully can have other problems when they get older. Some which may be:
  - The use of alcohol and drugs.
  - Engaging in harsh fights.
  - Dropping out of school.

### How I should talk to my kids about bullies?

- When kids see bullying, they may not know what to do. They may feel depressed or worried. They may be absent from school because they don't feel safe. They may

participate in the bullying or just stay silent so they won't get bullied themselves. They may stand up to the bully. But the best thing to do when dealing with a bullying situation is to get an adult who will stop the bullying on the spot.

- *"You have heard the law that says, 'Love your neighbor' and hate your enemy. But I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven. For He gives his sunlight to both the evil and the good, and He sends rain on the just and the unjust alike. If you love only those who love you, what reward is there for that? Even corrupt tax collectors do that much. If you are kind only to your friends, how are you different from anyone else? Even pagans do that. But you are to be perfect, even as your Father in heaven is perfect. Matthew 5:43-48 (NLT)*

### RESOURCES

- Book
  - Emergency Response Handbook for Youth Ministry
- Online
  - <https://www.stopbullying.gov/>