

# Taking Another Look at Bullying

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# Is it Peer Conflict or Bullying?

## **Peer Conflict**

- Learn problem solving and social skills through peer conflict.
- Children have power and control at times.
- Conflict fluctuates between you do it, I do it, we do it together.

## **Bullying**

- Bully holds ALL the power and control!
- Bully isn't provoked in any way.
- Bully feels no empathy for their actions.

# Solutions for Peer Conflict

- Teach assertiveness and don't get it confused with aggression.
- Teach language beyond "No" and "Stop". What do you want the other person to do or not do?
- Walk away and find a new friend to play with....teachers are friends too!
- 5 minute suggestion
- "Work it out yourself!" If children are "telling" please hop in and help.

# When a child is being bullied, teach children to:

- Walk away.
- Get help from an adult.
- Find the bystanders to stand up to the bully or if unsafe use the bystanders to distract from the bully.
- Say what you mean like you mean it!
- Speak up and take a stand.
- Make friends with the target and invite them to play with you.

# Studies show that schools do not meet 5 of the most basic needs of children

1. Survival
2. Sense of belonging/community
3. Freedom to make a choice
4. Tight hold on safety (physical and emotional): not letting children take appropriate risk.
5. NO FUN! Boredom!

# Leadership Curriculum

- What do leaders do? Who are the leaders in your community? How do you know they are leaders? What are their strengths? How do they serve others? What do they role model?
- What are the children's dreams? Does the classroom reflect their dreams? Are they thought about in the curriculum?
- Do they know how to solve problems? Have we taught them the skills for social problem solving?
- Relationships is the #1 place to start! How do we fit together?
- Cooperative/team building games.
- Kindness Curriculum.
- Teach morals, values and character.

# Community Curriculum

- Teach children to be responsible for others.
- Teach them to put their efforts towards building the community stronger.
- Make albums of children being kind, compassionate, caring, moral, strong.....
- Play unifies the mind, body and spirit. Focus on play!
- Give meaningful responsibilities.
- Come together as bystanders.
- What can I count on you to do?
- Involve families
- Watch out for competition in the curriculum

# Be sure you are relaying the following messages:

- If you are hurt, someone will come to see if you are ok.
- If you are alone or lonely, you are welcome to join us. We will keep you company!
- If you are being teased, other children will come over and tell the teaser to stop (bystanders).
- If you need help, ask an adult!



# Being a Role Model for Children

- Create an inclusive environment.
- No exclusionary measures
- Get involved and say the hard messages!!!
- Regulate your own emotions and no “bucket dipping”
- Turn the “PR” posters into real messages
- It starts and ends with you – the “bad kid bubble”
- Watch out for and catch the teachable moments.
- Throw out the themes and teach social emotional studies all year long, every day, all the time!

# Making a Curriculum

- Curriculums need to center around empathy, sense of self/others, friendship, kindness, knowledge of emotions and their expressions, acceptance and appreciation of differences.
- Read about it in interesting books!
- Question of the day – act it out
- Puppet shows
- Encourage children to bring in their own real life stories to share.
- 3-5 classroom rules: Hurting will not be tolerated.
- Create a problem solving toolbox
- I need help! Will you help me?