



COUNSELING CONNECTION

OCTOBER'S NEWSLETTER BULLYING PREVENTION & AWARENESS MONTH

BPA Student Support & Services

What is Bullying?

Bullying is a repeated aggressive behavior where one person (or group of people) in a position of power deliberately intimidates, abuses, or coerces an individual with the intention to hurt that person physically or emotionally.

Four Types of Bullying

1. Physical bullying such as kicking or pushing
2. Verbal bullying such as name-calling or yelling
3. Relational bullying such as excluding or rumor-spreading
4. Cyberbullying which involves sending hurtful messages over digital devices like computers and cell phones.

Kids Who are Bullied

Kids who are bullied are more likely to experience:

- Depression and anxiety
- Increased feelings of sadness and loneliness
- Decreased academic achievement
- Health complaints

What Can Parents Do?

Communicate with your child. Research tells us that children often times look to parents and caregivers for advice and help on tough decisions. Sometimes spending **15 minutes** a day talking can reassure kids that they can talk to their parents if they have a problem.

Use an authoritative parenting style. An authoritative style of parenting offers a high degree of warmth, love, and closeness, and at the same time provides clear limits and high expectations with the support necessary to meet those expectations(Divecha, 2019).

Cultivate relationships with school personnel and other parents. Research suggests that children benefit when there is a strong partnership between schools and families (Divecha, 2019).

Notice the warning signs. Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying, please notify your child's Principal or School Counselor.



Make a Difference with Kindness, Acceptance, and Inclusion