

CACY COMMUNICATOR

BULLYING EDITION



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Keeping your kids “Bully Proof” over the Summer

Over the summer months many families rely on daycare centers, day camps, home based centers or other community summer programs to provide childcare for school age children.

These programs will typically include school age children up to age 12 together. Although many programs separate kids

in groups with similar ages, there is often older and younger children interacting. This difference in ages could make the younger children targets of bullying.

Just because you may have a younger child in these centers does not mean your child will be bullied and just because they are with older children does not mean the

older children will bully. Bullies come in all shapes and sizes and are any age. The point of this newsletter is to arm your child with techniques they can use to “bully proof” their summer.



How to “Bully Proof” Your Child in Multi-Age Settings

- Stay alert to any changes, talk to your child every day about how things are going. Let them know you can help.
- Talk to the caregiver about your concerns and make sure your child knows they can go to them for help.
- Set up a meeting between staff, bully's parents, and yourself.
- Teach your child to SPEAK UP and be COURAGEOUS.
- Teach your child to STAND TALL and be CONFIDENT.
- Teach your child to STAY CALM, don't get upset in front of the bully.
- Drop in on your break during the day if you can.
- Involve your child in other confidence boosting activities such as sports, scouts, 4-H, self defense classes.
- Tell your child to avoid direct contact with a bully.
- Tell your child to stick with friends, safety in numbers.
- Ask caregiver what age groups are placed together and for how long.
- Ask about supervision and staff to child ratios.
- Find out if there is a buddy system.
- Find out their policy on bullying.
- How are naps handled and what do the older children do that don't nap?
- Trust your gut, if you don't feel like your child is safe, look for other options.

COMMUNITY ACTION
FOR CAPABLE
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CACY's Core

Purpose: To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.

Jodi Floyd, CACY Prevention Educator is available to answer questions. Please call if you are interested in having a speaker about Bullying. 419-774-5683

Resources



Stopbullying.gov
www.stopbullying.gov

Bullying Statistics— Parenting a Bully
www.bullyingstatistics.org

Bullying Prevention: Parent Information
www.education.com

National Bullying Prevention Center
www.pacer.org/bullying/resources/info-facts.asp

Fun Summer Activities for Kids
www.pbs.org/parent/summer/free-or-almost-free-summer-fun-ideas

Choosing a Summer Camp
childparenting.about.com

CACY has received grant money from Richland County Mental Health & Recovery Services Board, Richland County Foundation, and Richland Public Health Department to offer a Bully Prevention Program to Richland County Schools. CACY is offering Too Good for Violence (TGFV) curriculum. TGFV teaches students skills they need to safely prevent and resolve conflict, how to handle bullying situations, improve communication and problem solving skills, learn to manage emotions, and have respect for themselves and others.

