

CACY COMMUNICATOR

BULLYING EDITION



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7 Skills Bullies Need in Order to Change

Are you an adult who is dealing with a child who is bullying? There are ways to help a child stop their bullying ways. Many people wrongly assume “once a bully, always a bully”, but some bullies can and do change. The key is to catch the bullying early and intervene. Here are 7 skills every bully needs to improve in order to change.

1. **Ownership:** Bullying is a choice and the bully needs to be able to recognize what they did was wrong and how it made the victim feel. Stress that no one “made” them do it. Even in situations involving peer pressure, the bully is responsible for their choices.
2. **Empathy:** Many bullies feel entitled to behave the way they do, so it is important to get them to look at the situation from the victim’s perspective. Ask them to talk to you about how they would feel in a similar situation. Developing empathy will go a long way in preventing future bullying incidents.
3. **Anger Management:** Many bullies struggle with anger and lash out without thinking. Help the bully learn to recognize anger triggers and develop healthy solutions for dealing with that anger, such as count to 10 or go for a walk. Remind the bully that although anger is a normal emotion, if they continue to make bad choices it is unacceptable and there will be consequences.
4. **Impulse Control:** Lack of impulse control is especially true among cyberbullies who post mean things online without thinking about the consequences and how it will impact others. Work with the bully to find ways to control impulses and make better choices and decisions. Teach the STOP & THINK method. (Stop what you are doing right now and think about what might happen if you continue the behavior.)
5. **Self-Esteem:** Some bully because they lack self-esteem and bully others to feel better about themselves. Work with the bully to develop their strengths and improve their weaknesses. Determine what things they need to work on such as social skills, assertiveness, and confidence.
6. **Friendship Skills:** Some are motivated by a desire to be popular, so they lash out at those who stand in the way. Remind them of the pitfalls of popularity. Help them develop bully-proof friendships.
7. **Respect:** Respect is most crucial in bully prevention. When a bully learns that everyone deserves respect, they are less likely to bully. Help the bully to use their power positively.

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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



**Information for this article came from-
About Health**

**[bullying.abouthealth/od/Bullies/fl/7-Skills
-Bullies-Need-In-Order-to –Change.htm](http://bullying.abouthealth/od/Bullies/fl/7-Skills-Bullies-Need-In-Order-to-Change.htm)**

Mental Health America

www.mentalhealthamerica.net

Stopbullying.gov

www.stopbullying.gov

National Bullying Prevention Center

Bullying Statistics– Parenting a Bully

www.bullyingstatistics.org

Bullying Prevention: Parent Information

**[www.pacer.org/bullying/resources/info-
facts.asp](http://www.pacer.org/bullying/resources/info-facts.asp)**

