

CACY COMMUNICATOR

BULLYING EDITION



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Skills Kids Need to Avoid Bullies at School

Bullying is an uncomfortable fact of life. Every school deals with it and although schools are addressing this issue to reduce bullying incidents, it isn't likely to be completely eliminated. As a result, it is important for parents to teach skills that help keep kids from being targeted. Research has shown most kids can learn the following skills to make themselves less likely to be targeted by bullies.

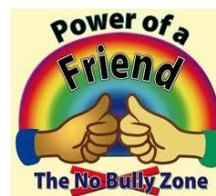
- 1. Appear Confident:** Bullies feed on the body language of insecurity, fear, and low self esteem. How a victim responds, how they hold their head, if they stand tall or are slumped, even the tone of voice can signal to the bully if a kid is an easy target. Teach your child to appear confident physically by standing up straight, don't slump shoulders, keep your head up, don't look down, and use a firm voice.
- 2. Make Eye Contact:** Teach your child to give

the bully direct eye contact and send a nonverbal message to "back off." Eye contact communicates self confidence and self esteem. Bullies are more likely to back off if the potential target looks them right in the eye.

- 3. Be Assertive:** Teach the difference between assertive behavior and aggressive behavior. Assertive people stand up for their rights and are comfortable defending themselves and others against unfairness. Aggressive people use control, intimidation and yelling to get their way. Tell your child it is okay to tell someone no or ask them to stop.
- 4. Build Self-Esteem:** Kids with a high self esteem are more confident and capable. Bullies look for an easy target, as a result they steer clear of kids who are comfortable in their own skin. If they are targeted by bullies, they have an easier time coping with the bully.

5. Nurture Friendships: Bullies seek out kids who lack connections with others. Kids who have friends are less likely to be bullied. Even one significant friend at school can greatly reduce the likelihood your child will be bullied. Socialization with others makes it easier to overcome bullying if it does occur.

6. Be Aware of Bully Zones: There are areas in the school where bullying is more likely to occur. These areas are the locker room, bathrooms, lunchroom, playground, or the bus. Brainstorm how to make these areas safer by staying with a friend, sit near the bus driver, stay in visible areas at recess. Bullies tend to strike when they know adults are not around or not looking.



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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
AboutHealth**

bullying.abouthealth.com/od/victims/a/8-Things-Kids-Need-To-Avoid-Bullies-At-School.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