

NEW OAKLAND NEWS



NEW OAKLAND
CHILD-ADOLESCENT & FAMILY CENTER



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www.NewOakland.org

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What is Bullying?

Bullying is a form of abuse. It involves repeated acts over time attempting to create or enforce one person's (or group's) power over another person (or group). Bullying consists of three basic types of abuse – emotional, verbal and physical. It typically involves subtle methods of coercion such as psychological manipulation.

In schools, bullying occurs in all areas of the school facility. It can occur in nearly any part in or around the school building, though it more often occurs in PE/gym class, recess, hallways, bathrooms, on school buses and waiting for buses, classes that require group work and/ or after school activities. Bullying in school sometimes consists of a group of students taking advantage of or isolating one student in particular and gaining the loyalty of bystanders who want to avoid becoming the next victim. These bullies taunt and tease their target before physically bullying the target. Targets of bullying

in school are often pupils who are considered strange or different by their peers to begin with, making the situation harder for them to deal with.

The most effective programs to reduce bullying start with training and take a comprehensive approach (best practices) involving collaboration between students, parents, the school (educators) and community. There is positive change in culture and climate when all parties become involved stakeholders and take personal responsibility for standing up, speaking out and eliminating bullying. Targets of bullying in school are often pupils who are considered passive or different by their peers making this a very difficult and emotionally challenging situation for the victim-child. ❖

What Kids Can Do about Bullying

Kids who are bullied day after day can feel helpless and alone. They may become too scared to report the bullying, fearing that adults won't believe them. Kids also worry that if the bullies find out they "tattled," the bullying may get worse. To protect kids who are bullied, parents and all adults must understand what bullying is, how harmful it can be, and the best ways to stop bullying behaviors. YOU can help STOP BULLYING NOW by talking to adults about bullying! Think about times you have seen bullying happen and write down as much as you can remember using the questions below as a guide.

- Where does it take place?
- Who does the bullying?
- When does it happen?

Find out how bullying is handled at your school. If you haven't been bullied but are close to someone who has and is willing to discuss it, talk to him or her about what could have been done differently. Here are some questions you could ask:

- Did you tell a parent or teacher?
- Did an adult help stop the bullying?
- Did any students help you?
- What would make you feel safer?

Be a leader by telling adults that you want to lend a hand to stop bullying. Schools with anti-bullying policies often include students in the development of the Bullying Prevention Program.

If there isn't a policy on bullying in your school, get involved. Share your concerns about bullying with the school principal, teachers, and counselors and express your interest in being involved with preventing bullying in your school. ❖



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800-395-FACE (3223)

FACE to FACE Crisis Intervention and Assessment Program

What Parents Can Do about Bullying

Children frequently do not tell their parents that they are being bullied because they are embarrassed, ashamed, frightened of the children who are bullying them, or afraid of being seen as a "tattler." If your child tells you about being bullied, it has taken a lot of courage to do so. Your child needs your help to stop the bullying.

What to do if your child is being bullied...

1. First, focus on your child. Be supportive and gather information about the bullying.

Never tell your child to ignore the bullying. What the child may "hear" is that you are going to ignore it. If the child were able to simply ignore it, he or she likely would not have told you about it. Often, trying to ignore bullying

allows it to become more serious. Don't blame the child who is being bullied. Don't assume that your child did something to provoke the bullying. Don't say, "What did you do to aggravate the other child?"

Listen carefully to what your child tells you about the bullying. Ask him or her to describe who was involved and how and where each bullying episode happened.

Learn as much as you can about the bullying tactics used, and when and where the bullying happened. Can your child name other children or adults who may have witnessed the bullying?

Empathize with your child. Tell him/her that bullying is wrong, not their fault, and that you are glad he or she had the courage to tell you about it.

Ask your child what he or she thinks can be done to help. Assure him or her that you will think about what needs to be done and you will let him or her know what you are going to do.

If you disagree with how your child handled the bullying situation, don't criticize him or her. Do not encourage physical retaliation ("Just hit them back") as a solution. Hitting another student is not likely to end the problem, and it could get your child suspended or expelled or escalate the situation.

Check your emotions. A parent's protective instincts stir strong emotions. Although it is difficult, a parent is wise to step back and consider the next steps carefully.

What Parents Can Do ... *continued* ...

2. Contact your child's teacher or principal.

Parents are often reluctant to report bullying to school officials, but bullying may not stop without the help of adults. Keep your emotions in check. Give factual information about your child's experience of being bullied including who, what, when, where, and how.

Emphasize that you want to work with the staff at school to find a solution to stop the bullying, for the sake of your child as well as other students. Do not contact the parents of the student(s) who bullied your child. This is usually a parent's first response, but sometimes it makes matters worse. School officials should contact the parents of the child or children who did the bullying.

Expect the bullying to stop. Talk regularly with your child and with

school staff to see whether the bullying has stopped. If the bullying persists, contact school authorities again.

3. Help your child become more resilient to bullying.

Help to develop talents or positive attributes of your child. Suggest and facilitate music, athletics, and art activities. Doing so may help your child be more confident among his or her peers.

Encourage your child to make contact with friendly students in his or her class. Your child's teacher may be able to suggest students with whom your child can make friends, spend time, or collaborate on work.

Help your child meet new friends outside of the school environment. A new environment can provide a "fresh start" for a child who has been bullied repeatedly.

Teach your child safety strategies.

Teach him or her how to seek help from an adult when feeling threatened by a bully. Talk about whom he or she should go to for help and role-play what he or she should say. Assure your child that reporting bullying is not the same as tattling.

Ask yourself if your child is being bullied because of a learning difficulty or a lack of social skills? If your child is hyperactive, impulsive, or overly talkative, the child who bullies may be reacting out of annoyance. This doesn't make the bullying right, but it may help to explain why your child is being bullied. If your child easily irritates people, seek help from a counselor so that your child can better learn the informal social rules of his or her peer group.

Home is where the heart is. Make sure your child has a safe and loving home environment where he or she can take shelter, physically and emotionally. Always maintain open lines of communication with your child. ❖

LOCATIONS TO SERVE YOU

Davisburg Center
12850 Fountain Square Dr.
Davisburg, MI 48350
(248) 634-6303

West Bloomfield Center
5775 West Maple Road
West Bloomfield, MI 48322
(248) 855-1540

Livonia Center
31500 Schoolcraft Road
Livonia, MI 48150
(734) 422-9340

Clinton Township Center
42669 Garfield Road
Clinton Township, MI 48038
(586) 412-5321

Meet the Director of Nursing



Michele Bernard, R.N.

Ms. Bernard currently serves as the Director of Nursing for New Oakland Child-Adolescent and Family Centers. Her primary responsibilities include providing full clinical nursing

management and oversight across all New Oakland Family Center locations. Additionally, Ms. Bernard provides on-site clinical and administrative support for the West Bloomfield Center. Michele received her degree in nursing from Oakland Community College. She has worked for nearly 15 years in the mental health field and brings with her a wealth of clinical knowledge and experience having additionally worked in hospital, home health, and physician offices. Michele has 3 daughters -- Lindsay, Lilly, and Liv; and 2 sons -- Luke and Landon. ❖

How New Oakland Can Help

Although there is no single definitive test to determine if a child-adolescent has been bullied, there are similar symptoms. Symptoms such as moodiness, anxiety, and depression are found to frequently co-exist with bullying in children; therefore, treatment should occur by way of an initial assessment. New Oakland Family Centers can provide a comprehensive and practical approach that assists children-adolescents and parents to understand and learn strategies to break the chains of bullying. By way of outpatient counseling, in-home counseling and/or the FACE to FACE Partial Hospital Program, children and families are provided treatment alternatives that go far to resolve the often stressful experiences the recipients of bullying must cope with. Should you wish to learn more about the specialized treatment services at New Oakland Family Centers, please contact any one of our five tri-county sites for more information and to set up an initial evaluation. ❖

B	W	D	T	E	L	L	W
U	O	H	U	R	T	S	I
L	R	E	S	P	E	C	T
L	D	Z	Y	Q	A	M	N
Y	S	K	I	D	S	A	E
B	T	A	R	G	E	T	S
E	O	X	Y	E	L	L	S
H	P	F	R	I	E	N	D

Word Find

- Bully
- Yell
- Target
- Words
- Tell
- Respect
- Witness
- Hurt
- Kids
- Stop
- Friend
- Tease

Chandra says: "These words can be found spelled forward or down."



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952-838-9000, 952-838-0199 Fax, 952-838-0190 TTY
www.pacer.org, www.bullying411.org

800-395-FACE (3223)

5 MYTHS and FACTS about BULLYING

Myth: "Bullying is just a stage, a normal part of life. I went through it my kids will too."
Fact: Bullying is not "normal" or socially acceptable behavior. We give bullies power by our acceptance of this behavior.

Myth: "If I tell someone, it will just make it worse."
Fact: Research shows that bullying will stop when adults in authority and peers get involved.

Myth: "Just stand up for yourself and hit them back"
Fact: While there are some times when people can be forced to defend themselves, hitting back usually makes the bullying worse and increases the risk for serious physical harm.

Myth: "People are born bullies"
Fact: Bullying is a learned behavior and behaviors can be changed.

Myth: "Bullying is a school problem, the teachers should handle it"
Fact: Bullying is a broader social problem that often happens outside of schools, on the street, at shopping centers, the local pool, summer camp and in the adult workplace.

800-395-FACE (3223)

FACE to FACE 7 Step Approach to Family Crisis Assessment & Intervention

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