



# POINTERS, TIDBITS & RESOURCES

October 2023



## BULLYING PREVENTION MONTH

National Bullying Prevention Month is a campaign in the United States founded in 2006 by Pacer's National Bullying Prevention Center. The campaign is held during the month of October and unites communities nationwide to educate and raise awareness of bullying prevention.

### Bullying and Conflict – What's the Difference?

Sometimes people think that bullying and conflict are the same thing, but they aren't. In one way or another, conflict is a part of everyday experience, in which we navigate the complexities of how we interact. Typically minor conflicts don't make someone feel unsafe or threatened. Bullying, on the other hand, is when someone is hurt by unwanted words or actions, usually more than once and has a hard time stopping what is happening to them.

### Telling vs. Tattling:

A lot of kids say that they don't want to tell an adult about bullying because they don't want to be called a tattler. There's a big difference between "telling" and "tattling." Listen and support children who speak up. Telling an adult about bullying is not easy for children. If a child comes to you seeking assistance with bullying, spend time listening to them and provide affirmation and support before taking actions.

*Have meaningful conversations  
with your student*

Teaching your child to stand up for others is crucial to helping them become a good friend and person. Spend time talking about the differences in people around you. People have different shapes, sizes, ethnicities, cultures & abilities. Point out how the world is a better place because of this diversity—how boring it would be if we were all the same. Let them know that it is not okay to tease another child because they are different.

## WHAT CAN PARENTS DO?

To be most effective, bullying prevention efforts are the shared responsibility of parents, staff, and community. Parental pride and involvement in the school sets a positive example for children.

*As adults, we can:*

- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- Discuss the seriousness and negative effects of bullying behaviors.
- Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues & families.

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