



## TIPS FOR FAMILIES, PARENTS, & CAREGIVERS TO ADDRESS BULLYING BEHAVIORS

"There is no one-size-fits-all or simple solution to address bullying behavior." The U.S. Department of Education recommends "...anti-bullying strategies that can be embedded within a comprehensive, multi-tiered behavioral framework used to

- Establish a positive school environment
- Set high academic and behavioral expectations for all students
- Guide delivery of evidence-based instruction and interventions to address the needs of all students."<sup>1</sup>

It's up to school, family, and community leaders to address school culture and climate. What can families, parents, caregivers, individual educators, family peer specialists, and mental health providers do to address the young person engaging in bullying behavior while school and family leaders address school culture and climate and support the child being bullied?



**The role that any student plays in a bullying situation often shifts and changes from day to day. Somebody who was bullied on the bus in the morning might be the one who makes fun of a younger kid that afternoon. The kid who laughed with other kids at a fight yesterday might ask the new kid with no friends to sit with him at lunch today."**

**Pacer's National Bullying Prevention Center, "Bullying Roles"**

### NFSTAC Family Connections

"How We Stand Up to Bullying"  
March 3, 2023

Attendees respond to  
"What Word Defines Bullying to You?"

#### **Reference**

1. U.S. Department of Education, Office of Special Education and Rehabilitative Services. (2013, August 30). [Enclosure: Effective evidence-based practices for preventing and addressing bullying. Dear colleague: Bullying of students with disabilities.](#)



## ENCOURAGE SCHOOL LEADERS TO ADOPT BULLYING CURRICULA THAT ADDRESSES BULLYING BEHAVIOR DIRECTLY

- [Words That Heal: Using Children's Literature to Address Bullying](#)
- [Bullying & Cyberbullying Prevention, Strategies, & Resources](#)

### Curriculum: The Anti-Defamation League Grade Level: Pre-K-12

This curriculum helps educators and families identify books addressing bullying plus activities to facilitate discussions about the literature's perspective on bullying.

#### FOR YOUNGER STUDENTS:      FOR OLDER STUDENTS:

- |   |   |
|---|---|
| • What bullying looks like                                      | • Understand & address biases                     |
| • Compassion as a tool to reduce bullying                       | • Identify & reduce race or gender-based bullying |
| • Start a conversation about why someone might have been unkind | • Safely Navigate Apps                            |

[The Anti-Defamation League](#)

- [All In! Year-Long Toolkit and More](#)

### Curriculum: Pacer's National Bullying Prevention Center Grade Level: Pre-K-12

Pacer's Center has a wealth of anti-bullying curricula for students of all ages and their parents or caregivers. Their resources encourage families to support this work at home with quick guides, information on children with disabilities who are bullied, how to notify the school, and the nuances of cyberbullying. You'll also find [30-60 minute lesson plans and curricula](#) to help students directly address the bullying behavior.

#### ADDRESS THE BULLYING BEHAVIOR:

- Help youth recognize actions as harmful
- Give youth space to acknowledge impact of behaviors
- Guide reflection activities
- Explore possible reasons behind bullying behaviors
- Change reactions to appropriate, empathetic responses

[PACER's National Bullying Prevention Center](#)

- [Bullying Awareness Lessons, Activities, and Resources](#)

### Curriculum: Kentucky State 4-H Teen Council Grade Level: 7-12

This resource for youth includes lessons and activities that aim to raise awareness about bullying and how it affects individuals on a daily basis. These group activities can be delivered at the individual level to a young person who is bullying to help them reflect on why they are exhibiting bullying behavior.

#### WHY WE BULLY:

- Because other people do it
- Because it makes us feel smarter, stronger, or better than the person being bullied
- Because we want to be accepted by a certain group
- Because it keeps us from being bullied

[Kentucky State 4-H Teen Council](#)

## SHARE RESOURCES ABOUT ADDRESSING BULLYING BEHAVIOR

- [What if Your Child is the One Showing Bullying Behavior?](#)
- [Bullying Roles](#)

**Resources Developer: Pacer's National Bullying Prevention Center**  
**Grade Level: 7-12**

This resource for families gives them a roadmap to helping their children who are exhibiting bullying behavior reflect and make an action plan to reduce this behavior. There are multiple roles to consider in bullying behavior because anyone can be bullied OR show bullying behavior.

- [Helping Students Who Bully](#)

**Resource Developer: PREVNET: Promoting Relationships and Eliminating Violence Network**  
**Grade Level: Pre-K-12**

This resource provides explanations of how children who show bullying behaviors can:

- Change the way they use their power,
- Be acknowledged for positive behaviors, and
- Be given formative consequences that teach rather than punish.

There are also resources for school bus drivers, teachers, and schools.

### HELP CHILD WITH BULLYING BEHAVIORS:

- Talk with children to help them recognize behavior as bullying
- Explore reasons for behavior
- Confirm whether the behavior is related to an emotional or behavioral disorder
- Teach empathy, respect, and compassion
- Make expectations clear
- Provide consistent consequences for bullying
- Provide positive feedback
- Seek help from the community

[PACER's National Bullying Prevention Center](#)

### FORMATIVE CONSEQUENCES INCLUDE:

- Create a piece of art that explains what it must feel like to be bullied
- Interview older youth or adults who have been bullied about their experience
- Complete a research project about the prevalence and consequences of bullying
- Write a character study about literature where a main character has been bullied.

[PREVNET](#)

### [StopBullying.gov](#)

Resources on [Prevention](#), [State Laws](#), [Training](#), [Organizing a Community Event](#), and User Guides in English and Spanish

**Learn More:**

### [Effective Evidence-based Practices for Preventing and Addressing Bullying](#)

U.S. Department of Education's policy recommendations for schools

### [Crisis Text Line: Bullying](#)

Text HELLO to 741741 to connect with a Crisis Counselor

### [NJ Department of Education: Harassment, Intimidation, & Bullying](#)

NJ's exemplar anti-bullying laws and resources for schools, parents, and caregivers

### [5 Steps to Effectively Advocate for A Child Who is Being Bullied](#)

PA Parent and Family Alliance's step-by-step plan to support a child who is bullied

### [Cyberbullying Research Center: Bullying Laws Across the US](#)

Click on any state to see a summary and full text of specific laws.

