

Turning Bullies into Buddies: A Guide for Parents



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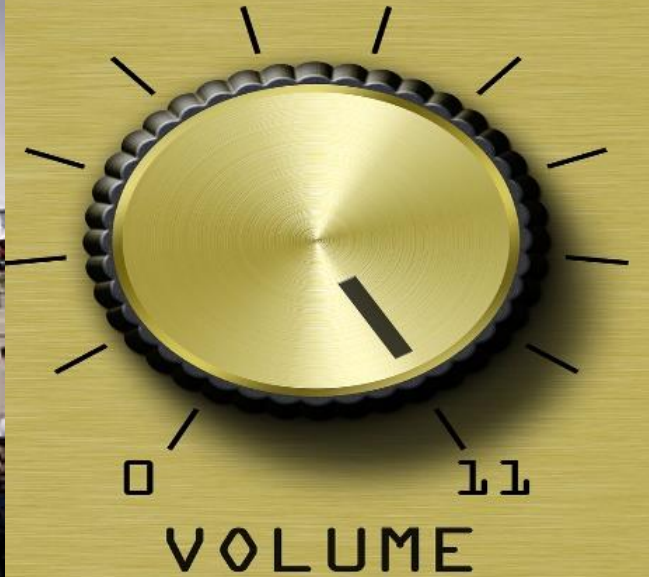
Test Your Bullying IQ



1. Children who have helicopter/lawnmower parents are more likely to be bullied.
2. Students are more likely to be bullied if their parent was bullied.
3. More students are bullied at home by siblings.
4. Special needs/neurodiverse students are more likely to be bullied.
5. Kids who are bullied are more likely to be suicidal.
6. Sticks and stones may break my bones, but words will never hurt me.

Physical Aggression Bullying or Assault?



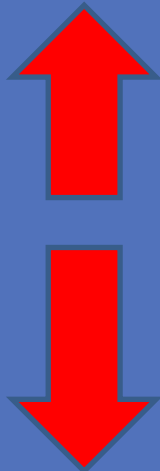


Loss

We've been
through a LOT!



What do you get if you combine
high levels of powerlessness, fear
and vulnerability?



aggression

empathy



Impact of Bullying...


- **Decreases self-confidence and increases shame**
- **Is a factor in school phobia and truancy**
- **Is a cause of anxiety and depression**
- **Is a factor in teen suicide**
- **Is a factor leading to adult social/emotional problems**

Impact of Bullying Law:

- **Treats the symptom**
- **Doesn't address the cause**
- **Often makes the problem worse**
- **Exhausting and time consuming**

Cast of Characters

- **True Bully**.....?
- **Victim/Bully**.....?
- **Passive Aggressive Bully**.....?
- **Passive Victim**.....?
- **Inner Bully**.....?
- **Avenger**.....?
- **Sociopath**.....?
- **Bystander**.....?
- **Bully Proof**.....?



**“Telling” reinforces
passive aggressive
behavior and limits
resilience.**

PUNISHMENT

(increases feeling of
powerlessness)

- **CREATES MORE
ANGER/AGGRESSION**
- **DECREASES EMPATHY**



**Schools can keep your child
from being bullied.**

False!

What Do You Want For Your Child?

1. A. I want my child to expect others to solve their problems for them. B. I want them to feel confident that they can solve their problems by themselves, asking for help when they need it
2. A. I want my child to feel hurt by insults. B. I want them to be immune to insults.
3. A. I believe being a tattletale is a good way for my child to get others to like, respect and trust them. B. I believe being a tattletale is a good way for children to get others to despise them.

1. Why are
people

2

Hunger for power
BLOCKS empathy.

Power Games

People are mean so they can:

1. Get you upset
2. Get power over you
3. **WIN** the Power Game

Power Statement

My name is

**and I have
POWER!!!!!!**

Power Question

**How will I
use it??**



Aggressive
Mean+Hurtful



Passive
Avoids+Squishes

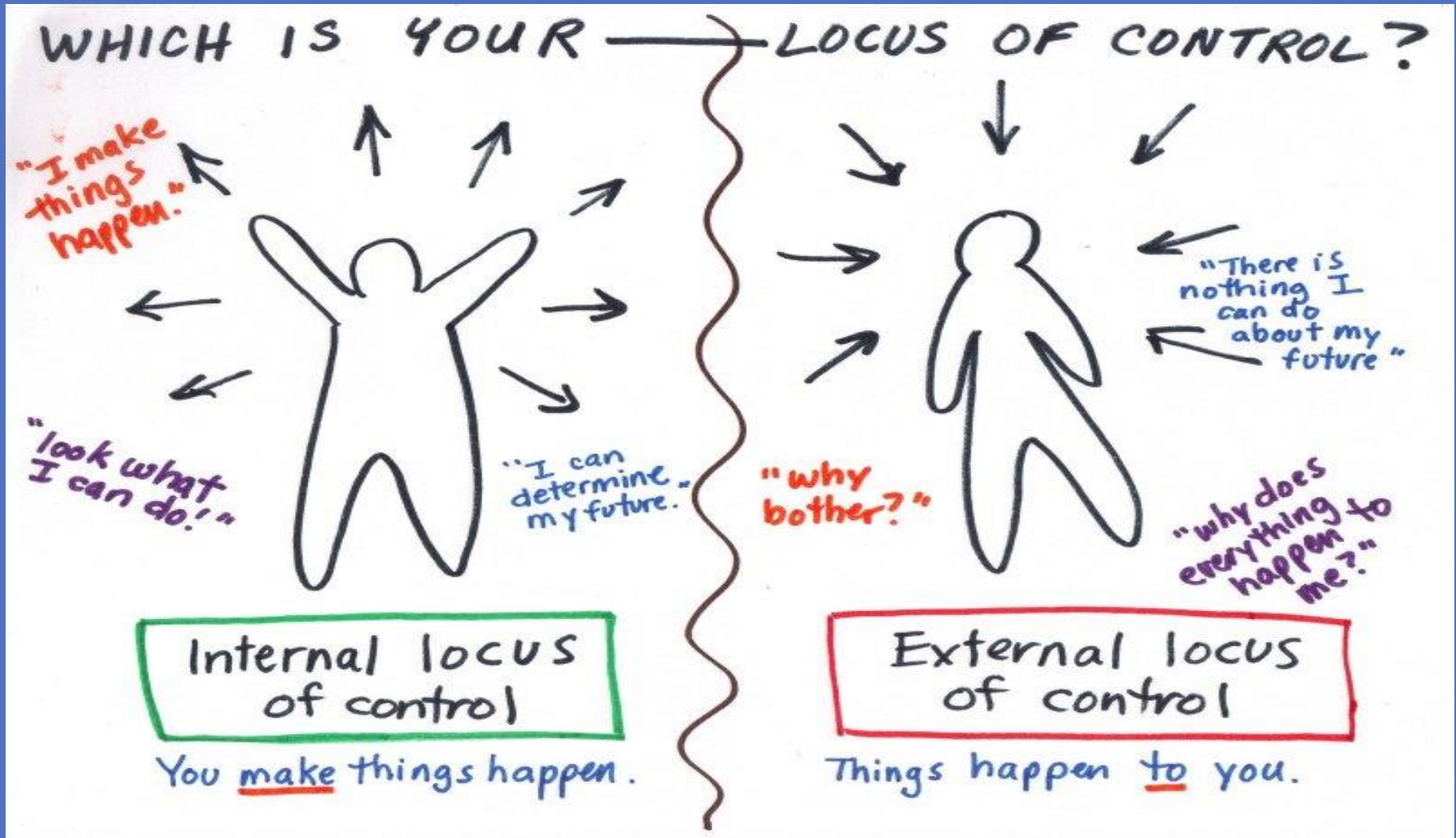


Assertive
Kind+Strong



The Power Menu:
**When people are mean what kind
of power do YOU use ???**

Who has the power?



The SECRET to
Winning the Power Game

The Golden Rule:

*Treat others the way
You want to be treated.*

CHALLENGE

Tempting!!

Problem

Power Game Winners Who Used the **Golden Rule**



Golden Rule Tools

1. Ask, “Is it true? Is it kind? Do I believe it?”
2. Agree/Change the subject
3. Give a compliment
4. Shrug or say, “Huh..”
5. Use humor/Make a joke/Laugh at yourself
6. Ask a question or ask for advice
7. Give permission to insult or exclude you
8. Ask them, “Do you believe it?”
9. “You’re so lucky that...”
10. Ask, “Are you mad at me?”



****DON'T GET UPSET!!** If you do, they win!

Empathy for Bullies

**Ask any bully, and
they will tell you
that they are a
victim.**

**-Lezley Holmes,
School Psychologist**

**Hurt people,
hurt people!**

**Bullies are
human too!**

Social Media



FUN?



DRAMA?

Drama doesn't just walk into your life. You either create it, invite it, or associate with people who get power from getting you involved in it.



“You can't have drama AND fun. Wisely choose.”

OR **FIRE** ??



CONTENT IS FIRE

SOCIAL MEDIA IS GASOLINE

Insults

**A. No one likes
you.**

**B. Well, I
heard Emily
say she
hates you!**

**A. No one likes
you.**

**B. Did I do
something
to make you
mad?**

How Can Parents Help?



- Ask your child, “Do you believe it?”
- Practice roleplays
- Model and encourage positive use of power

Resources

Videos

1. How to Stop a Bully found at <http://www.youtube.com/watch?v=7oKjW1OIjuw>
2. Fifth Grade Class in Massachusetts chooses Bullies to Buddies model after Phoebe Prince death found at <http://www.youtube.com/watch?v=-3QH1PN9cw>
3. Izzy Kalman TED TALK about Bullies to Buddies found at <https://www.bing.com/videos/search?q=izzy+TED+talk+bullies+to+buddies&view=detail&mid=5AE7720F9365F219C5715AE7720F9365F219C571&FORM=VIRE>
4. http://www.youtube.com/watch?v=sAhWTQdypuo&index=3&list=PLV1hKzRFA_pwtwT4mUU5EWo7LHm-bGf9Y Bullies to Buddies video “Victim Proof Your Schools” Part 1
5. http://www.youtube.com/watch?v=c_JVojbfNV0&index=4&list=PLV1hKzRFA_pwtwT4mUU5EWo7LHm-bGf9Y “Victim Proof Your Schools” Part 2
6. http://www.youtube.com/watch?v=9Txz_BtJV_w&list=PLV1hKzRFA_pwtwT4mUU5EWo7LHm-bGf9Y&index=6 A little taste of what a seminar with Izzy is like.
7. <http://www.youtube.com/watch?v=53jxgqmFNto> Interview of Izzy. (Fast forward 5 min.)

Resources

Articles

1. [Reduce Bullying by Cultivating Growth Mindsets - Growth Mindset Blog & Newsletter \(mindsetworks.com\)](http://mindsetworks.com)
2. <https://www.nytimes.com/2019/05/23/well/family/how-to-bullyproof-your-child.html> New York Times article on Bullies to Buddies
3. <http://www.usatoday.com/story/news/nation/2014/03/20/anti-bullying-programs-may-give-boost-to-bullies/6653995/> USA Today article about the disputed effectiveness of NJ anti bully law
4. http://msue.anr.msu.edu/news/shame_is_often_at_the_heart_of_bullying
5. An article on the relationship between shame and bullying found at http://www.phillyburbs.com/news/local/courier_times_news/opinion/oped/bullying-bullies/article_b83bc849-ebbo-50f1-975b-08cc6b83949f.html
6. Discussion of how culture impacts implementation of anti bullying programs in the schools. http://blog.nj.com/njv_donald_scarinci/2013/12/taking_stock_of_new_jerseys_an.html
7. NJ.com article about the impact of the law on number of bullying incidents <http://www.cbsnews.com/news/are-anti-bullying-efforts-making-it-worse/>
8. Failure of anti bullying laws at decreasing bullying found at http://www.spiked-online.com/newsite/article/13609#.U7o3W9_D_IU
1. What's worse than bullying? Anti bullying intervention found at [What's worse than bullying? Anti-bullying intervention - spiked \(spiked-online.com\)](http://www.spiked-online.com)
2. [Guidance for Parents on the Anti-Bullying Bill of Rights Act \(P.L.2010, c.122\) \(nj.gov\)](http://nj.gov)
3. https://www.canr.msu.edu/news/shame_is_often_at_the_heart_of_bullying
4. [The connection between shame and bullying - The Globe and Mail](http://www.theguardian.com)

Pandemic Resources on Bullying

Articles

1. [Bullying Is on the Rise, Experts Warn \(verywellmind.com\)](#)
2. [Bullying During the COVID-19 Pandemic - Cyberbullying Research Center](#)
3. [Did Bullying Increase Or Decrease During the Pandemic? \(theravive.com\)](#)
4. [How COVID-19 Is Impacting Cyberbullying \(verywellfamily.com\)](#)
5. [The COVID-19 Pandemic Disrupted Both School Bullying and Cyberbullying | NBER](#)
6. [Social Stigma, Bullying, and the Pandemic found at
https://www.bing.com/search?q=pandemic+impact+on+bullying+powerlessne
ss&cvid=361a4ee5bd264328a1feod1bbb8764a3&aqs=edge..69i57.19272joj1&pgl=43
&FORM=ANNTA1&PC=HCTS](#)
7. [Feeling powerless in the COVID-19 pandemic? 4 principles of ... | MENAFN.COM](#)
8. [How to Cope With a Pandemic Bully | Everyday Health](#)

Anti-Bullying Resources

Websites

1. <http://www.Bullies2buddies.com>
2. <http://www.psychologytoday.com/blog/resilience-bullying>
Izzy Kalman's blogs
3. <http://www.itgetsbetter.org/> It Get Better!

Books about Bullying

1. Kalman, Izzy. *Bullies to Buddies.*
2. Gibbs, Brooks. *Love Is Greater than Hate.*
3. Cohen-Posey, Kate. *How to Handle Bullies, Teasers and Other Meanies.*
4. Higgins, Pat. *Helping Kids Handle Put-Downs.*
5. Freedman, Judy S. *Easing the Teasing.*