



Understanding Bullying And How To Help

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With a new school year, both parents and kids look toward going back to school. However, it can be a difficult time for kids who have been bullied at school. Bullying is a difficult situation. It happens often and can happen anywhere and at any time. But what is bullying? What are the signs and how can we help?

According to Stopbullying.gov, bullying is defined as “unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.” Bullying can happen anywhere such as school, the playground, online or in a local neighborhood. When most people think of bullying, they often think of pushing, getting beaten up or name calling. However, bullying can look like many different things and take many different forms.

There are four major types of bullying:

- Verbal bullying: Verbal bullying involves saying or writing mean things. It can also include teasing, name calling, inappropriate sexual comments, taunting, or threatening harm.
- Social bullying: Social bullying aims to hurting someone’s reputation or relationships. This includes leaving someone out on purpose, telling other children not to be friends with someone, spreading rumors about someone, embarrassing someone in public.
- Physical bullying: Physical bullying involves hurting a person or hurting possessions. This includes: hitting, kicking, punching, spitting, tripping, pushing, taking and breaking someone’s possessions or making mean or rude gestures.
- Cyberbullying: Cyberbullying occurs over digital devices such as cell phones, computers, tablets and video game systems. This type of bullying can happen through social media apps (Facebook, Instagram, Twitter, Reddit, etc.), gaming forums and more. This type of bullying involves sending, posting or sharing negative or harmful content about someone else.

Signs of bullying can be subtle or obvious. Here are some important warning signs:

- Unexplained injuries.
- Lost or destroyed possessions.
- Frequent headaches, stomach aches, feeling sick or faking other illnesses.

- Change in eating habits
- Difficulty sleeping and/or nightmares
- Lowering of grades, loss of interest in school or other activities, or not wanting to attend school
- Loss of friends or avoidance of social situations
- Feeling helpless or lowered self-esteem

Bullying can be extremely intimidating for the victim. Often, kids do not tell adults about the bullying due to being afraid of backlash from the bully. They may also be afraid of being perceived as weak or feel as if nobody understands. Parents can help their child who is being bullied in many ways. In order to help kids with bullying, it is important to teach kids about bullying and how to deal with it if it happens to them or their peers. Kids who know what bullying is can help identify bullying and help intervene. It is important to teach your child to speak to a trusted adult if they see bullying happening. Teach them to stop bullying by saying “stop” or walking away. Teach them to be kind and understanding but most importantly, model kindness and respect for you kids to observe and follow. It is important to be supportive of your child by encouraging them to describe who was involved and what the actions were. Make sure to tell them that it is not their fault and steps can be taken to end the bullying. Talk to the teachers or principal immediately if bullying is occurring. It is important that you put concerns in writing and write as much detail as possible. Keep all written records of correspondence.

If your school district does not take action, the district may be violating federal, state or local laws. For more information, please visit the resources below.

- Stop Bullying Government Initiative www.stopbullying.gov
- The U.S. Department of Education Office for Civil Rights Phone: (800)-421-3481 Web: <http://www2.ed.gov/about/offices/list/ocr/complaintintro.html>
- The U.S. Department of Education Office of Special Education Programs Phone: (202) 245-7468 Web: <https://www2.ed.gov/about/offices/list/osers/osep/index.html>
- The U.S. Department of Justice Civil Rights Division Phone: 1-877-292-3804 Web: <http://www.justice.gov/crt/complaint/#three>



Study Habits of Successful Students

It is back to school time which means homework and tests will be returning. Getting back into the groove in school can be difficult for some students. There are many aspects that contribute to a successful student. Study habits are the major key to get that A+ on your next assignment or test. It is important to remember to study smarter, not harder. Below are some important study habits to develop during the school year.

- **Don't cram studying into one session** – Cramming for a test is never the right answer. It is important to take your time and study in short intervals with breaks in between.
- **Make a study schedule** – Successful students plan their studies and stick to a designed schedule. For example, set up small blocks of time to finish homework, study for a test, or review assignments. Keeping on schedule will help you set a routine which will help organize tasks.
- **Never procrastinate your studying** – Procrastination can be hard to avoid. Most of us have a big issue with procrastinating that big task. Studying last minute can be shown to be less effective and rushing to finish a task can lead to more mistakes and problems.
- **Start with the most difficult subject first** – Working on the most difficult subject will require the most energy. Once the harder work has been finished, other subjects will be easier to complete.
- **Reduce all distractions when studying** – Distractions are easy to come by., whether that is tv, videogames, watching videos on the internet, or cell phones. When distracted, it is easy to let your mind wander and focus on the wrong things. Find a quiet spot to minimize all distractions. This could be the library, your room, or even outside.
- **Review your notes over the weekend**- Reviewing notes over the weekend can help you keep the information fresh in your mind. This makes further studying easier since the information is easier to recall.
- **Take breaks** – It is important to give your mind rest. Studying can take a lot of energy and being fatigued won't help you absorb the information needed. Take some time by going for a walk, having a healthy snack, or relaxing outside. Make sure to plan breaks in your study schedule to keep your mind fresh.
- **Use your own words** – Using your own words important for understanding the material. Everyone learns differently and sometimes someone else's wording can be confusing. Make sure you understand the information and write clearly.
- **Ask for help** – Studying can be hard. Having friends, teachers, or even parents to lean on for support can be helpful. If you don't understand certain material, don't be afraid to ask your teacher for clarification. If you still are struggling, find a tutor to help guide you.
- **Reward yourself** – When finished with studying, make sure you give yourself a treat. This will help motivate you to finish that difficult material. Rewards can look like a healthy snack, watching a short show on tv, cell phone time, or watching a fun YouTube video.

If your child is in need of Individualized Education, please click the link below for more resources provided by Michigan Alliance For Families

<https://www.michiganallianceforfamilies.org/iep/>

PARC Events

Build connections with and get support from others who truly understand!

Monthly Online Support Groups:

Fabulous Foster and Adoptive Parents

1st Monday of Each Month
6:30 - 8:30 p.m.

Adoptive Family Connections

1st Thursday of Each Month
7:30 - 8:30 p.m.

For a complete list of events, visit the calendar page on our website. Additional activities and resources are listed there as well!

www.parc-judson.org/calendar

For questions or to register for support groups or events, contact parc_5@judsoncenter.org or 734-794-2988.

What are people saying about PARC?

“It [the Dads group] was a great way for dads to connect and see they are not the only dads out there.”

“Love the people and the help I receive here!”

“These people are my tribe. This [support] group has helped me get through so many things.”

“[PARC Worker] helped to keep me from jumping off the ledge many times. I never felt judged, only supported.”

“My experience was wonderful, [worker] was a huge help to us. We truly appreciate all of the support!”

“[Worker] has been a true blessing to our family. Their kindred spirit helped me through a difficult time.”

Mailing Address

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Region 6 Phone: 810-732-8510

www.parc-judson.org



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