

PREVENTION AND INTERVENTION STRATEGIES FOR PARENTS

PREVENTION

- Be warm and loving towards your child.
- Spend time with your child.
- Praise and encourage your child with positive words and messages.
- Teach your child to respect himself or herself and others.

- Teach and model:
 - Effective communication skills.
 - Appropriate interpersonal skills.
 - Conflict resolution skills to resolve a difficult situation without using violence or aggression.
 - Assertiveness skills - not aggressive skills.
 - Anger management skills.
 - Non-violent behavior and non-aggressive behavior.

- Discourage other members of the family from using bullying behavior or aggression or force to get what they want.
- Use nonphysical and nonviolent consequences for negative behaviors.
- Attend classes to learn and/or update parenting skills.
- Monitor your child's friends.
- Supervise and discuss TV shows, movies, and computer games regarding bullying themes.
- Attend school conferences and school events.

INTERVENTION

- Listen to your child.
- Record details – who was involved, when did it occur, where did it occur, and what happened.
- Teach child strategies to recognize and avoid possible unsafe locations and students.
- Teach child to walk away and refrain from fighting back.
- Encourage your child to stay with a group of students.
- Discuss and role play positive strategies to use.
- Monitor regularly to see how things are going at school.
- Teach your child to seek help from the teacher, counselor, principal or another staff member.
- Arrange a conference with the teacher, counselor, and/or principal.

CYBER BULLYING AND CELL PHONE PREVENTION AND INTERVENTION

- Position computer in a location easily monitored by an adult.
- Install parental controls or filters to block unsuitable sites.
- Set guidelines and time limits for computer and cell phone use.
- Teach your child the correct use of a computer and cell phone.
- Teach your child the dangers of IM, text messaging, emailing, surfing, blogging, chatrooms, website, message boards, and other sites.

- Teach your child the following:
 - Personal information and contact information must never be shared.
 - Pictures must never be sent.
 - Everyone can read information.
 - Anyone can forward information to anyone else.
 - Anyone reading your blog can email you back.
 - Use a nickname or a code in a chatroom, on Facebook, on-line games, etc.
 - Pictures, items, and words posted on blog sites become the property of the parent company for that site.
 - Sending threats via IM, texting, or e-mail are against the law.
 - Never share your cell phone, lap top, or e-mail account with anyone.
 - Explain the danger of child predators.

- Check the sites that your child has visited.
- Teach your child to report to you any inappropriate material sent to them.
- Tell you child **NEVER** to reply to the bully or send a nastier message back.
- Email a request with you to the bully to **STOP** sending inappropriate messages.
- Save the inappropriate material and your request to stop.
- Identify the cyber bully.
- Remove the inappropriate material after it has been saved.
- Contact the cyber bully's parents.
- Contact cell phone provider to trace calls and text (difficult sometimes if the bully has a pay-as-you go phone) or change telephone number.
- Contact internet service provider to trace emails or block messages.
- Contact the school and talk to the computer specialist.
- Contact the police.

For more information visit these sites:

www.stoptextbully.com

www.kidscape.org