

PREVENTION TALKS: BULLYING VS. CONFLICT

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Bullying vs Conflict

As parents, it is important to recognize what bullying is and how it differs from conflict. Conflicts are disagreements that happen between two people who may have different opinions. Conflict happens between two people with equal power. The people in conflict stop their behavior once they realize its hurting someone else. Bullying can look like conflict, but you know it's a conflict when you feel like you can walk away without feeling threatened.



Bullying occurs when one person has more power than the other and consistently uses it to belittle, anger, or hurt another person. One insensitive or hurtful joke may not be bullying behavior, but if this behavior is persistent then there may be a serious issue at hand. If your child is being bullied, they may not feel that they have the power to make the bullying stop. It is important to talk to your child about what bullying is and what to do if they see or experience it themselves.

Bullying is not always obvious. Bullying behaviors can be displayed through verbal or physical actions. Both forms of bullying can have a negative effect on your child's self-esteem, confidence, and overall wellbeing. Bullying can affect your child's ability to do well in school, overall performance and often times negatively affects many other parts of their lives. Being a victim of bullying can increase a child's risk of developing a mental health condition, such as depression or anxiety. It is important to check in with your child from time to time to make sure they are not experiencing any bullying at any settings.

Common types of bullying:

Physical

hitting, kicking, punching, spitting, tripping, pushing



Verbal

teasing, name calling, inappropriate sexual comments, or verbal or written threats



Social

excluding someone, spreading rumors, making embarrassing comments



More than **1 in 6** high school students reported being **cyberbullied** in the last year.



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Preventing Bullying

According to National Center for Education Statistics and Bureau of Justice, about 20% of students ages 12-18 experienced bullying nationwide. To help lower these statistics, we all need to play a role. When children are educated on what bullying is and what it looks like they are more likely to report to trusted adults. It is important to have these difficult conversations with them concerning bullying and how it can negatively affect their mental health so that they feel empowered to speak up. Sit down with them and talk about what bullying is and what to do if they see it or are experiencing it. Children need to feel that they can be open and honest with their parents while being supported. It is also important to discuss with your child on what is a safe and healthy to do when being bullied. While it is crucial to stand up against bullying without resorting to violence or more harmful behavior.

Refuse and Report

Refuse refers to rejecting bullying behavior if they are asked or encouraged to take part. Refusing bullying also means standing up to the bully if they or a friend are being hurt.

Report refers to reporting bullying to a trusted adult. Make sure to help your child identify trusted adults that can intervene and help if bullying does occur.

Upcoming Events:

Active Parenting Classes:

Beginning June 8th, 2023

To register, contact the Prevention Department by calling 239-263-4013



Healthy Coping Skills

Studies show that bullies often display bullying behaviors because they are experiencing their own stress or trauma.

Conflict and stress will arise in your child's life in many different ways. If they know how to cope with stressors in a safe and healthy way, they are less likely to experience display negative behaviors.

Children will follow the examples that they see at home which is why it is important to model how to deal with conflict and stress in healthy ways. Always keep in mind how you are dealing with conflict in front of your child. Avoiding aggressive and violent behaviors can prevent them from modeling similar behaviors.



Horseshoe Drive Location | Prevention Services
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Parenting Classes: To register contact 239-263-4013
Prevention Talks: DLCPrevention.org
Mind Your Mind: DLCMindYourMind.org

