



October 2017

Bullying, Cyberbullying and Internet Safety

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 2	Isolation The failure of an individual to maintain contact with	Know your limits. Don't extend yourself beyond your means.	AND NOW! Back to the Classroom: Have you ever noticed a kid being bullied sitting alone? Bullied kids sometimes isolate to avoid confrontation and shame. He/she or she may also be afraid to tell in fear of being labeled a tattletale. Become a friend to someone who needs a friend. Let your kindness draw them out of withdrawal. You'll become a better person for it. STAY IN YOUR LANE. PARENT NOTE: Today would be a great day to talk to about friendship. Friendship is one of the best free gifts we can give. It good to be some degree of a friend to everyone we meet.
Tue 3	Tears a profusion of this liquid spilling from the eyes	Make your expectations and feelings clear, in the appropriate medium as often as possible.	AND NOW! Back to the Classroom: Stick and stones may break my bones but names will never hurt me! We all know that little jingle and we all are old enough to know that it simply is not true. Words can hurt and sometime the only visible evidence of the pain is our tear. Let's be sensitive to one another and use our words to help not hurt. STAY IN YOUR LANE. PARENT NOTE: Take a little time to talk about how we affect each other emotionally. Try to convey the importance of being responsible for our speech and actions toward others.
Wed 4	Hate To feel strong dislike for or hostility toward; to feel dislike or distaste for	Find people you can look up to and learn from, and follow them closely.	AND NOW! Back to the Classroom: None of us should spread hate, but that's what bullying does to its victim. Bullying affects a person's self-esteem negatively. Not only does bullying affect someone as a child, but causes long term side effects as well. No one ever gets over being bullied. It stays with them forever. We can all do something to stop bullying. STAY IN YOUR LANE. PARENT NOTE: Talk about how contagious hate can be. Hate is the kind of emotion that has no place in school. Talk about how disrupting and distracting it is to have to deal with hate in a learning environment.
Thur 5	Harm wrongdoing; to injure physically, morally, or mentally	Know your strengths. If you're good at resolving disputes, step in and resolve them as often as possible.	AND NOW! Back to the Classroom: Some people think that a little bullying will not cause any harm to those involved, but it affects everyone involved: the bully, the person getting bullied and the friends of each. When bullying someone, you cause a chain reaction on both sides of the fence. If you don't think it causes harm to you because you are the bully, think again. STAY IN YOUR LANE. PARENT NOTE: Ask your child to describe bullying to you. Make sure they know the full range of the offense. Something as small as pointing at someone's shoe defect can derail their learning experience. Support each other's emotional health.
Fri 6	Threat spoken or written words tending to intimidate or menace others	Meet new people all the time. Take every opportunity to expand your network and expose yourself to new perspectives	AND NOW! Back to the Classroom: Threats can be spoken words, text messages, phone calls, written words and even eye movement and facial expressions. If the person feels like they are being harmed, they are. When communicating with peers, be kind and make sure they are receptive to your contact. STAY IN YOUR LANE. PARENT NOTE: Discuss the impact of nonverbal communication. Exemplify the dismissive eye roll, smacking of teeth, frowns etc. Contrast those expressions against



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Mon 9	Defense The forcible repulsion of an unlawful, unwarranted and violent attack	Be humble. Don't get big-headed about your wealth, influence or position as a leader.	AND NOW! Back to the Classroom: Did you know that some kids develop defense mechanisms to help them cope with bullying. Often, the person doing the bullying has been a victim themselves. They may be simply treating people the way someone has treated them. If you are a bully, do a self-evaluation and try to find out what is causing you to act this way. STAY IN YOUR LANE. PARENT NOTE: Talk to your child about bullying. Let them know that bullying is a symptom that something is wrong in their life. Normal, mentally healthy people don't intentionally hurt other people
Tue 10	Cliques a small exclusive group of friends or associates	Be reasonable. Listen to dissenting opinions, and be fair.	AND NOW! Back to the Classroom: All throughout school there are cliques. Just because you hang with a certain crowd does not mean that you must entertain something they do. If they are truly your friends and you don't agree with something, then they will accept what you say. They will not force you or make you feel like you must do something that goes against your values. STAY IN YOUR LANE. PARENT NOTE: Help your child understand that associating with people who say and do hurtful things makes us guilty by association. Friends who stand by and watch bullying can be just as harmful as the actual perpetrator.
Wed 11	Conflict that results in often angry argument; a difference that prevents agreement	Transform your methods when necessary. If something isn't working, change your approach.	AND NOW! Back to the Classroom: Everyone experiences conflict from time to time. It is a normal part of life. And learning to deal with it in a healthy way helps master the social skills you need. But unlike conflict, bullying is not a normal part of life. It is not a "rite of passage" and it does not make kids toughen up. Bullying is an abuse of power and has significant consequences. STAY IN YOUR LANE. PARENT NOTE: Explain the consequence of bullying to your kids. It is mandatory that all schools have an anti-bullying policy. Discuss the school's bullying policy and the consequences that come with the offense.
Thur 12	Bullying a person who is habitually cruel or overbearing; especially to smaller or weaker people	Don't ignore signs of stress. Stress is real and can interfere with your ability to lead.	AND NOW! Back to the Classroom: So, you want to be a tuff guy? Well guess what, in the eyes of others, bullying does not make you look tuff or strong. It does the complete opposite. Bullying is a symptom of an emotional disturbance that causes some to behave aggressively. When you see someone who is a bully, know that they probably need more help than their victims. STAY IN YOUR LANE. PARENT NOTE: If your child has a problem with bullying, talk to them to find out what may be causing them to act out. School Guidance counselors are glad to make appointments to discuss the behavioral interventions available to you and your child.
Fri 13	Mental Abuse hurt inside the brain	Treat everyone equally. Don't play favorites; it breeds resentment and makes you appear immature as a leader.	AND NOW! Back to the Classroom: Bullying is a form of mental abuse. The constant belittling of someone causes lasting damage. You are in the most important character building years of your life. From either side of the bullying, the character built from this is not acceptable in the real world. STAY IN YOUR LANE. PARENT NOTE: Explain to your child that it is not normal to want to intentionally hurt other people. Let them know that it is not snitching if they refer a bully to school guidance. Reporting bullying helps all parties involved get the help that they need.

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Mon 16	Physical Abuse an act of another party involving contact intended to cause feelings of physical pain, injury	Be humble. Don't get big-headed about your wealth, influence or position as a leader.	AND NOW! Back to the Classroom: The deadliest form of abuse is physical abuse. This can include pushing, punching, slapping or other acts with the intention of causing injury. If you or someone you know is experiencing physical abuse seek help right away. You could save a life. STAY IN YOUR LANE. PARENT NOTE: Many families teach their children to hit someone who hits them first. They teach them to fight fire with fire. Consider taking another approach and teach them to fight fire with water. Fire and fire only make a bigger fire. Give you child a water supply of alternative options to consider in this situation. (ie. Have parent submit an anonymous bullying complaint.)
Tue 17	Safety the condition of being protected from or unlikely to cause danger, risk, or injury.	Be reasonable. Listen to dissenting opinions, and be fair.	AND NOW! Back to the Classroom: Protecting yourself or others should be a top priority always. If a certain situation even appears to be dangerous, remove yourself immediately. We must be safe when using the internet or social media. You never know who is on the other end of the keyboard and who is viewing your posts. STAY IN YOUR LANE. PARENT NOTE: Don't be shy about doing our job. Kids are often protective of their site passwords and activities. An all or nothing approach is one way to persuade your child to allow monitoring. Let them know that their social media devices are luxuries for kids who are mature enough to understand the importance of parental monitoring. Consider downloading a monitoring app.
Wed 18	Embarrass to make someone feel humiliated, discomfort, and shame	Volunteer to help before you know what you are really needed for	AND NOW! Back to the Classroom: Often a person who bullies enjoys embarrassing others. One good technique to discourage the bully is to put on a smile and not show that you are bothered. Kill them with kindness and then, whenever possible report the abuse. STAY IN YOUR LANE. PARENT NOTE: Google some articles about cyberbullying and discuss the article and outcomes with our child. Kids don't always understand precaution with images and a storyline.
Thur 19	Harass to pester, bother, stalk, tease, hound, and to be a nuisance	Admit a mistake you have made	AND NOW! Back to the Classroom: When someone is being harassed they often develop depression, a lack of self-worth and anxiety. Don't tolerate harassment. Stand up to bullying, make a difference and tell a trusted teacher or adult if you are a witness to harassment, intimidation and/or bullying. STAY IN YOUR LANE. PARENT NOTE: Discuss social cues and the importance of boundaries. When speaking to others we must pay attention to boundaries of personal space and our tone. Speak with indoor speaking voice and give a person at least 18 inches of personal space
Fri 20	Intimidate to threaten, frighten, scare, coerce, terrify, and to alarm	Introduce yourself to those you don't know	AND NOW! Back to the Classroom: Bullies can be intimidating. They will try to use their words to bring you down and scare you. The bully wants to feel superior and stronger than you. However never forget that you are healthier than the bully because you don't have to intimidate others to feel better about yourself. STAY IN YOUR LANE. PARENT NOTE: Talk to your child about emotional health and some of the symptoms of emotional disturbance. Symptoms of emotional disturbance include aggression toward peers, hyperactivity, learning difficulties and immaturity.



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Mon 23	Photoshopping doctoring digital images so that the main subject is placed in a compromising or embarrassing situation.	Apologize for some wrong doing or hurt you have caused to someone	AND NOW! Back to the Classroom: The physical abuse that comes from bullying could be fatal. Children and teens are still growing and not fully developed. Most would never think that just because they bully someone doesn't mean it will happen to them, but it could. Is that how you would like your story to end? Don't leave it to chance. Stop the bullying now, before it's too late. STAY IN YOUR LANE. PARENT NOTE: Discuss the ways maturity better equips us with coping skills. Most people who are immature and irresponsible have decreased coping skills. A person with good coping skills matures faster. A person who is maturing is gaining coping skills. The two go hand in hand.
Tue 24	Shame a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior.	Display your personal values to your peers.	AND NOW! Back to the Classroom: Lots of time, a bullied child's struggle goes unnoticed. If you are getting bullied and you tried to tell someone and you believe it fell on deaf ears, don't give up. Keep telling people until you find someone who will listen. Be persistent. Self-advocate. STAY IN YOUR LANE. PARENT NOTE: Talk to your child about the empowerment that comes with self-advocacy. Be sure to highlight all the available supports they have when it comes to standing up for themselves.
Wed 25	Threaten to endanger, hover, lurk, and creep up	Develop and use a consistent positive response to greetings like, "Hi, how are you?"	AND NOW! Back to the Classroom: Bullying is a problem that can have serious consequences for everyone involved. This can include not only the bully and the victim involved, but also the parents, teachers, and other concerned individuals who not only witness the bullying and physical abuse but are often at a loss as to what to do about it. STAY IN YOUR LANE. PARENT NOTE: For a long time, teasing was looked at as just an immature stage of development. "It's what kids do!" However, today teasing is a crime and there are real consequences for teasing. Talk to your child about reasons bullying and teasing are not tolerated. Let them know that there are laws in place to protect our lives and our feelings.
Thur 26	Retaliation revenge	Share your vulnerabilities with someone	AND NOW! Back to the Classroom: Bullying has a negative impact on everyone involved; the target, the bully and the bystanders. The Impact on students who are bullied can cause them to want to get revenge and harm the bully. However, by doing so you are no better than the bully. STAY IN YOUR LANE. PARENT NOTE: Make a list of the types of harms bullying causes. Feel free to draw from your personal experiences.
Fri 27	Happy-Slapping recording someone being harassed or bullied in a way that usually involves physical abuse, then posting the video online for public viewing	Outline your accomplishments, plans and lessons learned each month	AND NOW! Back to the Classroom: If a person is being bullied and you see another peer recording them, report this to someone immediately. Humiliation is a serious harm to the person being targeted. If you are the one filming the abuse but are not joining in with the bully, you still can be held partially responsible for the bullying. STAY IN YOUR LANE. PARENT NOTE: Humiliation pulls at the fibers of a person's dignity. Talk to your child about ways to deal with and combat humiliation. Some options to offer include, moving on from the situation, redirect your energy toward something enjoyable, and find a better fit.



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Mon 30	Violence extreme or powerful emotion or expression	Have fun. Take the time to have fun with your team.	<p>AND NOW! Back to the Classroom: Violence is very much a part of bullying. The bully is looking for someone to intimidate to make them look bigger. The violence from bullying does not only cause physical damage, but emotional and mental as well. We should be lifting our classmates up, not belittling them. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Talk to your child about the importance of encouraging themselves and others. The best treatment for damaging remark is positive speech. Fight fire with water.</p>
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