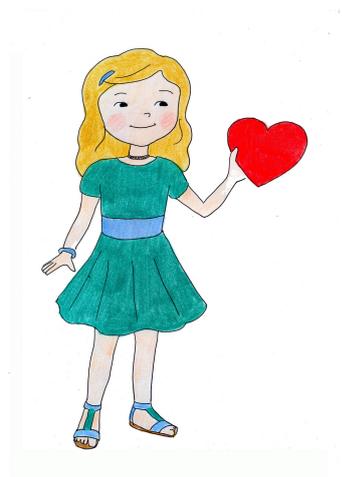


LESSON 10 - BE KIND

Social and Emotional Competency: Social-Management

Learning Intent:

- Learn the difference between bullying and teasing
- Learn how to respond to bullies
- Learn the difference between reporting and tattling and the importance of reporting bullying behaviour
- Practise giving and receiving compliments



Lesson Ten

The last lesson in the program focuses on how to respond to bullies. Lesson 10 focuses on teaching children how to be assertive and how to stand up for themselves. Children practise assertive responses. An assertive response is an effective way to show a bully that he/she doesn't have power over a victim. Aggressive comebacks that put down or attack a bully will invite further abuse. Children need to learn assertive phrases that are non-confrontational, that stand up to bullies and stop the bullying behaviour.

Lesson 10 teaches children what bullying behaviour looks like and the difference between joking around and a one off 'teasing' event. Children learn that bullying behaviour is repeated, aggressive behaviour that intends to hurt or scare a victim. Students also learn the difference between tattling versus reporting and the importance of reporting bullying behaviour to an adult. Furthermore, lesson 10 teaches the importance of being kind.

Kids Helpline (www.kidshelpline.com.au) encourages children to:

- Keep their distance from the bullying
- Don't bully back
- Tell them what they are doing is not OK
- Talk to an adult they trust
- Take some time to do something nice for themselves

LESSON 10 - BE KIND

What you can do as a parent.

1. Active Listening.

Sometimes, children won't tell their parents or teachers about a bully as they may feel ashamed or worried about how the adult may respond. It is important to stop and listen to your child. If you become emotional or overreact, your child may be discouraged from confiding with you in the future. Active listening involves confirming your child's feelings and thoughts and by helping your child think through the situation. It is really hard NOT to jump in and try to fix the problem for them!

What Active Listening Looks Like.

Parent - 'How was your day?'

Child - 'Not good'.

Parent - 'You look upset. What went wrong?'

Child - 'Tom scribbled all over my work today'.

Parent - 'How did that make you feel?'

Child - 'Really angry and upset, I had put a lot of work into it!'

Parent - 'What do you think you will do?'

2. Not communicating. Look for signs!

If your child is not communicating with you, watch for signs that indicate he/she may be getting bullied at school. He/she may try to avoid social situations or try to avoid going to school. There may be changes in eating or sleeping patterns, mood swings or a change in his/her regular behaviour. If you see any of these signs, encourage your child to open up to you. Instead of asking direct questions, you may like to try an open ended question. For example, 'You don't seem yourself' or 'you look really sad', which gives your child an opportunity to open up to you.

3. Intervene

Sometimes you will have to intervene, especially if a one off teasing event turns into repeated, aggressive behaviour towards your child. You are your child's advocate, and while it is important to encourage your child to learn to work things out by themselves, bullying behaviour can get out of control quickly. If your child is powerless to defend themselves you may need to get involved and speak with your child's teacher, the school guidance counsellor or principal.

4. Role-play and practise assertive responses

Come up with a list of assertive responses and practise with your child. Encourage your child to look the bully in the eye, use a calm and even voice and use the bully's name.