

PROMOTING A CULTURE OF KINDNESS AND RESPECT FOR ALL

A LESSON IN EMPATHY



Empathy is taking the perspective of another person (or putting yourself in another person's shoes) and feeling WITH people.

WAYS TO FOSTER EMPATHY:

- Volunteer within the community
 - Food/clothing drives, animal shelter
- Watch movies/read books to encourage perspective taking
- Role play situations that teach compassion
- Discuss the importance of connection
- Prioritize in-person conversation
 - Focus on facial expression, body language & tone of voice
- Celebrate differences!

***It's not always what you say,
but how you say it.***

RESOURCES

BULLYING/CYBER BULLYING:

- <https://www.common sense media.org>
- <https://www.stopbullying.gov>

PBS PARENTS:

- <http://www.pbs.org/parents/expert-tips-advice/2016/10/child-bullied/>

ELEMENTARY SCHOOL:

BOOKS:

- "Bully BEANS" by: Julia Cook
- "Have You Filled a Bucket Today?" by: Carol McCloud
- "Nobody!" by: Erin Frankel

MIDDLE/HIGH SCHOOL:

Pacer Center's Teens Against Bullying:

- <https://www.pacerteensagainstbullying.org>

RECOMMENDED BOOKS & RESOURCES:

- <https://pathwaystopeace.org/>
- <https://peaceeducation.org/>

REFERENCES

PENNSYLVANIA ANTI-BULLYING LAWS & POLICIES

Policies Relating to Bullying

- <https://www.stopbullying.gov/laws/pennsylvania/index.html>

BRENÉ BROWN ON EMPATHY:

- <https://www.youtube.com/watch?v=1Ewvgu369Jw>

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A GUIDE TO BULLYING PREVENTION & RESPONSE

PROMOTING A CULTURE OF KINDNESS AND RESPECT FOR ALL.

DEFINITIONS:

IS IT RUDE? IS IT MEAN? IS IT A CONFLICT? OR, IS IT BULLYING?

Rude Behavior: Inadvertently saying or doing something that hurts someone or their feelings.

Mean Behavior: Purposefully saying or doing something to hurt someone once or twice.

Conflict: Disagreement or argument in which both sides express their views. Both sides have equal power.

Bullying: An intentional electronic, written, verbal or physical act or series of acts directed at someone. Bullying is severe, persistent, or pervasive and involves an imbalance of power; it has the effect of resulting in any of the following:

1 Substantially interfering with a student's education.

2 Creating a threatening environment.

3 Substantially disrupting the orderly operation of the school setting.

INTERVENTIONS & PREVENTIONS:

○ PARENT/GUARDIANS:

- Check-in with your child regularly (ask how things are going with friends)
- Practice how to handle certain situations
- Help your child develop assertive strategies, such as being direct
- Help child identify teachers/friends that can help
- Set boundaries with technology (monitor social media)
- Provide opportunities to practice social skills

○ SCHOOL STAFF:

- Be knowledgeable and observant
- Set positive expectations
- Foster an inclusive culture
- Teach and model appropriate social skills
- Give a consequence that requires reflection and provides a teachable moment
- Provide opportunities to practice social skills



STRATEGIES: WHAT TO DO?

○ PARENT:

- Listen without judgment
- Problem solve together
- Identify and share concerns with a trusted adult at school
- Model self-advocacy
- Empower your child

○ BYSTANDER:

- Don't stay silent: if you see something, say something
- Report bullying by telling a trusted adult. Reporting is not "snitching" or "tattling"
- Stand beside & support the person by helping them leave the situation together
- Be inclusive

○ PERSON EXPERIENCING BULLYING:

- Act brave & stay confident
- Ignore the behavior
- Stand up for yourself
- Don't retaliate; maintain your composure
- Report immediately when unsafe.
- Reporting is not "snitching"/"tattling"