

Cool to be Kind

Dealing with Bullying, Meanness and Harassment

HiTOPS Educator

Designed for: Parents and guardians

“I am not an advocate for teaching my kid to fight and he won’t let me talk with his teachers, so how can I help him get other kids off his back so he won’t be afraid to go to school?”

An estimated 160,000 students miss school every day because of fear of being bullies, according to the National Association of School Psychologists and the U.S. Department of Justice. Bullying in schools has reached epidemic proportions in this country. Many school-aged children report multiple encounters with meanness and bullying behavior on a daily basis; on the playground, as they walk to and from school, in the lunchroom and now, over the Internet.

This workshop is designed to help parents develop the strategies they need to help their children cope with bullying behavior, interact with school personnel and recognize bullying behavior in their own children. Using a combination of lecture, brainstorming and small group problem solving participants will work together to find useful bullying reduction strategies to use in their homes, schools and communities.

Our goals are to help parents and guardians:

- Identify the types of bullying and learn how bullying behavior develops
- Identify strategies to help children cope with bullying behavior
- Identify strategies to help children develop ‘zero tolerance’ for bullying in others when they witness bullying behavior
- Develop strategies for working with school and community leaders to prevent/stop bullying and harassment in schools and the community

Average length of program: 90 minutes

Recommended number of participants: 20-100