

Dear Parents,

Last week, thanks to the wonderful PTO, the students attended an assembly on character education. Parents also were invited to attend a night meeting to see some of the performance and to hear tips on bullying prevention. Below are highlights of the parent presentation by Jim Vagia, better known by the children, as Magic Jim.

Sincerely,  
Ivette Ellis

### Character Education with Magician Jim Vagias

Respecting      Responsibility      Caring

Myths about bullies:

- Bullies have low self esteem
- Bullies come from problem homes
- Bullies do not have friends

Telling vs. tattling:

Telling is when you need help, tattling is when you are trying to get someone else in trouble.

Teasing vs. Bullying:

Bullying is when you are intentionally hurting or harming another person who you perceive as inferior to you in some way, for example, shorter than you, overweight, speak with an accent, new to the school, etc.

Teasing can start as good natured joking/play that can turn into conflict. In teasing there is no intent to hurt. Students are perceived to be equal.

The 3 victims of bullying:

There are 3 victims of bullying, the aggressor or "bully", the victim, and the bystander. All three are in need of support. The bully should be supported to determine why he or she shows aggression. The victim needs support to overcome the effect of the abuse. The bystander is in need of support as he or she may be fearful that they will be bullied next.

How do I identify if my child is being bullied?

Significant change in behavior: not wanting to come to school, frequent visits to the school nurse, academic decline, loss of appetite, withdrawn.

What should I tell my child to do to prevent being bullied?

Follow No, Go, Tell:

No means telling the bully to stop.

Go means walking away from the bully.

Tell means reporting the incident/s to an adult at school or home.

Other tips :

- When approached by a bully, use humor to deflect the bullying.
- Try not to show the bully that you are being bothered by their words.
- Respond to the bully taunts with one word answers, for example, no, so, whatever.
- If the victim and bystanders surround the bully to let him or her know they do not approve the behavior or the words, the bully will feel outnumbered and stop.
- Parents should give their child/ren lots of self-confidence. Children should be reminded of their strengths/talents regularly. They should be told they are loved and cared for as often as possible.
- Parents should role play with their child how to deal with a bully if the child finds him or herself in that situation. Do not assume that the child will be able to follow your recommendations.

Catch phrase:

NO

GO

TELL

