



Confident Kids

Confident Kids are Less Likely to be Bullied.

Pink Shirt Day is a wonderful way that we can all unite and stand together to speak up against bullying, but the values of this day should be shared every day.

In fact, we can each do some very simple things to reduce the likelihood of our tamariki, our children, being bullied. Here are some tips that have been used by, worldwide, to help kids confidently navigate life and the speed bumps of bullying.

Talk to your kids about what happened to them during the day and how those things made them feel.

This simple practice helps them understand their own feelings; building empathy for themselves and others.

Explain to them the reason why some people bully others (often they are, or have been bullied themselves), but that it is never right, and explain and brainstorm together what to do if they are being bullied or if they see someone else being bullied.

Listen carefully, show compassion and think logically

Always believe your children, but check things out for yourself. Be sure to get all the details before jumping to conclusions. A clear head is what is required not another bully.....Remember to get the full story from the class teacher/the sports coach/etc, before assisting in the matter. And then do so patiently and with compassion.

It takes teamwork to make the dream work

Don't 'crusade' for your child as this doesn't help the child in the long run and could lead to things like you child feeling anxious, if you aren't there to fight the next "battle" for them. Instead brainstorm various strategies together and let them work out what they want to try; and let them deal with things themselves, with your support. Reassure your child that you are willing to help and offer them support ALL the time and remind them that they aren't alone.

Prevention first

One of the best ways to keep children from being bullied, and from becoming bullies, is to make sure they grow up in loving, respectful relationships, rather than relationships that use power or force to control them. Children learn both sides of every relationship, and they can act either way. Make sure you are a Rolemodel not an excuse for bad behaviour!

Model confident behaviour with other people.

Directly teach your child respectful self-assertion.

Kids need to know they can get their needs met while being respectful of other people.

Give your child words of phrases to use, to stick up for themselves early on:

- "It's my turn now."
- "Hey, stop that."
- "Hands off my body."
- "It's not okay to hurt other people"
- "I don't like being called that can you please stop."
- "Why would you say that?" or
- "Why would you want to tell me I am dumb (or fat, etc) and hurt my feelings?"

Help your child find the humorous side things. And to not be hard on themselves if they make "mistakes" (perhaps in a game, like missing the ball). Humour can be a great tool to dispel a tense situation.

Social Skills

Basic social skills are a must so talk to your kids about the right way to approach other kids at the playground; how to talk to peers, request a playdate and at the same time be tolerant with other kids who may not have the same social skills as they do.

For instance, kids who are successful in joining groups of kids usually observe first, and find a way to fit into the group, rather than just barging in.

Help your child understand and even bc appreciate differences, in others. Be a role model in compassion towards others. If kids are taught to include everyone in their games/activities it means that there shouldn't be any exclusion due to gender, size, disability or difference = no bullies :0).

Define Bullying

Often kids (and/or parents) are quick to call a behaviour i.e. Name calling, once 'Bullying' remember that :

Whether bullying is physical, verbal, or social (relational), four widely-accepted factors can be used to identify it: (Bully free NZ)

- Bullying is deliberate - harming another person intentionally
- Bullying involves a misuse of power in a relationship
- Bullying is usually not a one-off - it is repeated, or has the potential to be repeated over time
- Bullying involves behaviour that can cause harm - it is not a normal part of growing up.

Ask for help

One of the bravest things any of us can do is ask for help ...

So encourage your kids to ask for help from an adult that they trust or think will be able to help them (not tell) if they need a hand or they think they are being bullied. Don't forget to celebrate the fact that they have asked for help !

Useful Contacts

About Bullying

<https://www.pinkshirtday.org.nz/assets/PSD-2020/PSD-2020-About-bullying.pdf>

How to be an “Upstander”

<https://www.pinkshirtday.org.nz/good-reads/story/104/how-to-be-an-upstander>

Bryan & Bobby's episode on Bullying

https://youtu.be/0Em4_FU2Ons

Ministry of Education

www.parents.education.govt.nz/secondary-school/wellbeing/bullying

MHF team (email)

info@mentalhealth.org/nz

Helplines for kids – tamariki www.whatsup.co.nz

What's Up: Call 0800 942 8787

Kidsline <http://www.kidsline.org.nz>

Call: 0800 54 37 54

Helplines for teens/youth – Rangitaha

<https://1737.org.nz/> Need to talk? Txt 1737

The Lowdown <https://thelowdown.co.nz/>

Txt 5626

Helplines for Whanau

Netsafe (cyber bullying)

www.netsafe.org.nz

Call: 0508 638 723

Parent Help

<https://www.parenthelp.org.nz/bullying/>

Call: 0800 568 856



www.bryanandbobby.co.nz



www.suzy.co.nz