

Bullying - HOW TO TELL and WHAT TO DO

I'd like to present some ideas for "Bully Blocking" from Evelyn Field. It's important to know what bullying is though before you can successfully block it. For behaviour to be recognised as bullying it needs to have all three of the following components:

- **A power imbalance** – in weight of numbers, age, size, ability (physical or intellectual) and/or prestige.
- **Repetition** – it's not a one off event but has happened more than once and is likely to happen again in the future
- **Intention to harm** – the person means the bullying behaviour to hurt or intimidate the other person in some way

Field offers 6 Secrets to help children deal with teasing and bullying:

1. Regulate your **feelings** – try using some of her strategies to release the built up energy that bullying creates
2. **Understand why** you are bullied or a bully – by looking at the factors that are influencing your life right now
3. Build your **self esteem** – once you respect and protect yourself then some children start respecting and wanting to be your friend
4. Become a confident **communicator** – first impressions count so *acting* confidently shows others that you feel confident
5. Create your own '**Power Pack**' – these ideas will give you things to do and say instantly if you are on the receiving end of bullying
6. Develop a support **network** – we survive better in groups but sometimes *you* have to make the first move towards friendship

Please speak with your child's Principal and/or School Counsellor if you have ongoing concerns around bullying.

By Tauba Naftal - Student Counsellor