

Meet the Counselor

Senora Katherine Allgood

7:00-7:20

Kelso's Choices (K-3)

7:20-7:50

Bullying Workshop (4-6)

What is it & what can you do

7:50-8:20

Q & A

Cesar Chavez Elementary School

January 17, 2013

7:00-8:30pm

KELSO'S CHOICE



A Conflict Management Skills Program

Big Problems vs. Small Problems



KELSO'S CHOICE

CONFLICT MANAGEMENT SKILLS PROGRAM

Big Problems

- Scary
- Dangerous
- May hurt someone

Examples

- Throwing rocks
- Stealing
- 'Dare devil' stunts
- Fighting
- Destroying school property
- Threats to hurt someone
- Weapons/matches at school

Small Problems

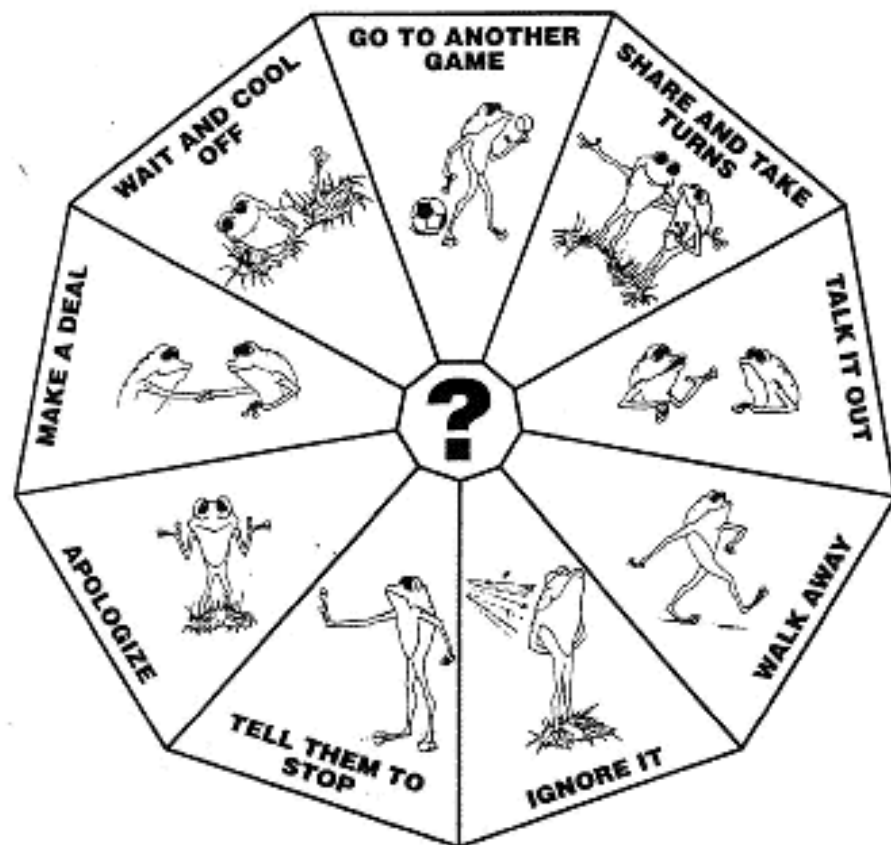
- Not scary or dangerous
- Ones they're smart enough & strong enough to resolve on their own
- May feel mad, annoyed, sad, frustrated, etc.

Examples

- Cheating in game
- Won't go "out" in game
- Cuts in line
- Making noises in class
- Pushing in line
- Teasing you
- Takes something without asking
- Not sharing

IT'S YOUR CHOICE!

**DO YOU HAVE A SMALL PROBLEM?
TRY 2 OF KELSO'S CHOICES:**



**IF YOU HAVE A BIG PROBLEM,
TELL AN ADULT YOU TRUST.**

How you can help children get along with others

- Model positive ways for kids to make friends
- Help children learn consequences of certain actions in terms they can understand
- Set clear rules for behavior & monitor children's interactions carefully. Step in quickly to stop aggressive behavior
- Use age-appropriate consequences for aggressive behavior. Encourage children to apologize

What can you do at home?

- **Reinforce** they're smart enough & strong enough to resolve *small* problems on their own
- **Display** Kelso's Peacewheel in visible places
fridge, bedroom, doors, etc
- **Remind** child to try at least 2 choices to resolve a problem before coming to you. ["I'm sorry your brother isn't sharing the game with you. Which of Kelso's choices have you tried to resolve this?" or "What would Kelso do to resolve this small problem?"]
- **Role Play** situations when discussing a small problem occurring at school
Practice HOW to use choices appropriately (tone, eye contact, words, body posture, etc)

Questions?



Bullying Workshop

- What it is
- What it's not
- **What you can do**

Bullying: When someone repeatedly & intentionally says or does mean or hurtful things to another person who has a hard time defending him/herself

4 Components

1) Aggression

Verbal, physical, psychological

2) Intended to harm or disturb

3) Carried out repeatedly & over time

4) Imbalance of power

Physical/psychological

Direct Acts

- Physical

Hit, kick, push, spit, shove around, lock inside a room

- Threats

- Intimidation

- Verbal abuse

Say mean & hurtful things, make fun, call mean or hurtful names, tell lies

- Cyberbullying

Indirect Acts

- Exclusion

Completely ignore or exclude from their group of friends, leave out of things on purpose, try to make others dislike him/her

- Making faces

- Obscene gestures

- Rumors

- Passing mean/hurtful notes

- Cyberbullying

Cyberbullying

- Email, social networking, chat rooms, cell phones
- Intentionally embarrass, humiliate, threaten or intimidate an individual or group
- Attempt to gain power & control
- Examples: Mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles

What bullying is NOT

Conflict

A difference of opinion or ideas.

A disagreement that happens when people want different things.

Teasing

Making fun of or attempting to provoke in a friendly or playful way

Look at the power difference [real or perceived]

How to prevent bullying

- ✓ Help your child understand bullying

Talk about what it is & how to stand up to it safely. Give tips, like using humor and saying “stop” directly and confidently. Talk about what to do if those actions don’t work, like walking away

- ✓ Talk about strategies for staying safe, such as staying near adults or groups of other kids

- ✓ Urge them to help kids who are bullied by showing kindness or getting help

- ✓ Keep lines of communication open with child

- ✓ Encourage child to do what they love

- ✓ Model how to treat others with kindness & respect

What to do if your child is being bullied

- Listen & take it seriously
- Assure child that bullying is not their fault
- Work with school to resolve situation
- Follow Up
 - Maintain communication with child & school
- Help child develop skills. Think through & role play how your child might react if bullying occurs again. Assertive, not aggressive. Encourage child to build strong friendships.

What to do if your child bullies others

- Emphasize the *behavior* is the problem, not your child
- Identify problem behavior
- Show child bullying is taken seriously & will not be tolerated. Model respectful behavior when addressing problems
- Use consequences to teach. Consequences that involve learning or building empathy can help prevent future bullying
- Build positive social skills

What to do if your child witnesses bullying

- Role play comfortable ways to safely intervene
 - “Hey, that's not okay, don't do that”
 - Try to distract bully by changing subject or using humor
 - Try inviting bully or victim to walk away with them
 - If someone's being excluded, invite him/her to join their group/activity
- Encourage child to support & include those that are bullied
- Encourage child to report bullying to a trusted adult – not the same as tattling/snitching
- Praise acts of courage & doing the right thing

Questions?