

# PREVENTION CORNER

October 2021 | Vol.1

Inside  
this Issue:

- You and Health
- Prevention Talks Series
- Upcoming Events

In honor of National Bullying Prevention Awareness Month, our October Prevention Newsletter discusses how to recognize bullying, and empower students to report/respond to witnessed or experienced bullying. When students understand what bullying is and how it is both harmful and against the rules, they are more likely to respond appropriately if they witness or experience bullying. This prevents bullying from being accepted as normal. It also helps bullied students understand that bullying is wrong, and no one deserves to be bullied, which can reduce the emotional harm they suffer. Remember, you are not alone!



Answer key: 1. Bullying 2. Bullying 3. Conflict 4. Bullying 5. Conflict

## Understanding Bullying

Before we dive in, we need to understand how to recognize bullying. When someone is not being safe or respectful, it can sometimes be called “bullying.” Bullying is hurtful and negative behavior which is repeated multiple times or is highly likely to be repeated and has the intent to cause emotional or physical harm. It is important to understand the difference between conflict and bullying to better recognize when bullying is happening to you or someone else.

**Be someone’s hero today.  
Send a kind word & let them  
know bullying is not okay.**

- [stopbullying.gov](http://stopbullying.gov)

Conflict is a disagreement in which both sides express their views. Conflict is a normal part of life as we learn appropriate conflict resolution skills. Bullying is not normal as it is unwanted, aggressive behavior resulting in harm, humiliation, and distress. Recognizing bullying is the first step in getting it to stop. Remember friends, bullying is when someone is mean to someone over and over on purpose, and the person it is happening to, is unable to make it stop.



# REPORT & REFUSE

Adults don't always see or know when bullying is happening which is why it is important to report bullying to an adult so they can help stop it. You may think, "What if my friends think I am a tattletale?" Tattling is when no one is getting hurt and you are only telling to get someone in trouble. When you report bullying to a trusted adult you are trying to get yourself or someone else OUT of trouble. If the first adult you report to doesn't help, tell another adult until you find someone to help make the bullying stop.

**Parent Tip:** Check in with your child often. Listen and validate your child's feelings, This creates space to feel heard and supported. Model how to treat others with kindness and respect. Practice with your child how to use a strong and respectful voice to build confidence to be able to refuse bullying!

You have the power to refuse bullying when it happens to you or someone else. Refuse means to not let something happen. Stand up to your bully! Stand tall, make eye contact, and use a strong, respectful voice to say, "Stop it. That's bullying!" Other examples of refusing bullying include supporting the individual being bullied, interrupting the behavior, reporting the bullying and walking to a safe place. Remember, when you report and refuse bullying, you want to act assertively and use your strong, respectful voice which provides the opportunity for the individual to hear what you have to say and take you seriously. Practicing with an adult may help you feel prepared to stand up for yourself.

## Upcoming Events

### Parenting Classes:

Parenting Teens: Begins October 28, 2021  
Parenting Today: To be announced

*\*Classes are offered weekly for six consecutive weeks on Zoom.*



### Practice: Is it Bullying or Conflict?

1. Someone always makes fun of the way you talk and just won't stop!
2. A group of students tell you everyday that you can't sit at their lunch table because your food smells.
3. Someone grabs a book you're looking at. It is the only time it happens.
4. Someone leaves you out of a game on purpose every day at recess.
5. You and your classmate argue about who is right.

## LOCATION & CONTACT INFO



Horseshoe Drive Location      Prevention Services  
2806 South Horseshoe Drive, Naples Florida 34104      239-263-4013

Parenting Classes: To register - [DavidLawrenceCenter.org/parentingprograms](http://DavidLawrenceCenter.org/parentingprograms)  
Preventions Talks: [DLCPrevention.org](http://DLCPrevention.org)  
Stand-Up: [StandUpDLC.org](http://StandUpDLC.org)

