

STOOD UP

BULLYING PREVENTION | FAMILY RESOURCE CENTRE

ACTS OF KINDNESS

BULLYING DISCUSSION FOR FAMILIES

OBJECTIVE

The objective of this lesson is for parents to reinforce family values of kindness and respect, as well as to open lines of communication regarding bullying and set boundaries about such behaviour.

INTRODUCTORY ACTIVITY

As a family, read the [Fill My Bucket Book](#). If you do not have access to the book, there are read aloud versions available on YouTube: <https://www.youtube.com/watch?v=JEg38zCOMgk>.

BUCKET FILLERS AND BUCKET DIPPERS

Parents lead a discussion with their children using the [Bucket Brainstorming Worksheet](#). Make sure to identify bullying behaviour as bucket dippers. Make sure to identify kindness and random acts of kindness to make others happy as bucket fillers.

BULLYING AND SIBLING RIVALRY

Talk to your child about what bullying is and ask if they have ever been bullied, either at school, in the home or any other place in their lives. Share the [Children's Wheel of Emotions](#) and ask them how they feel when they are being bullied or how they think other people feel when bullied. Talk to your children about what they can do if they are being bullied and identify adults that they can speak to, including yourself.

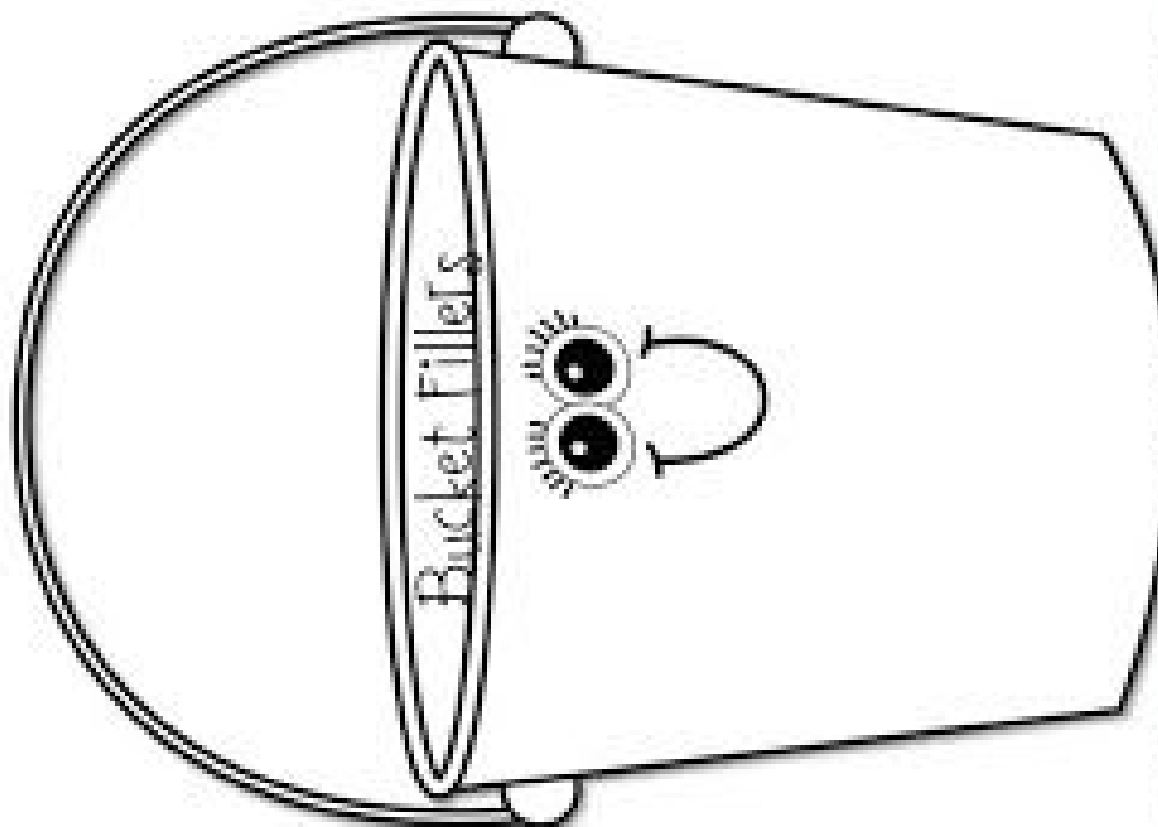
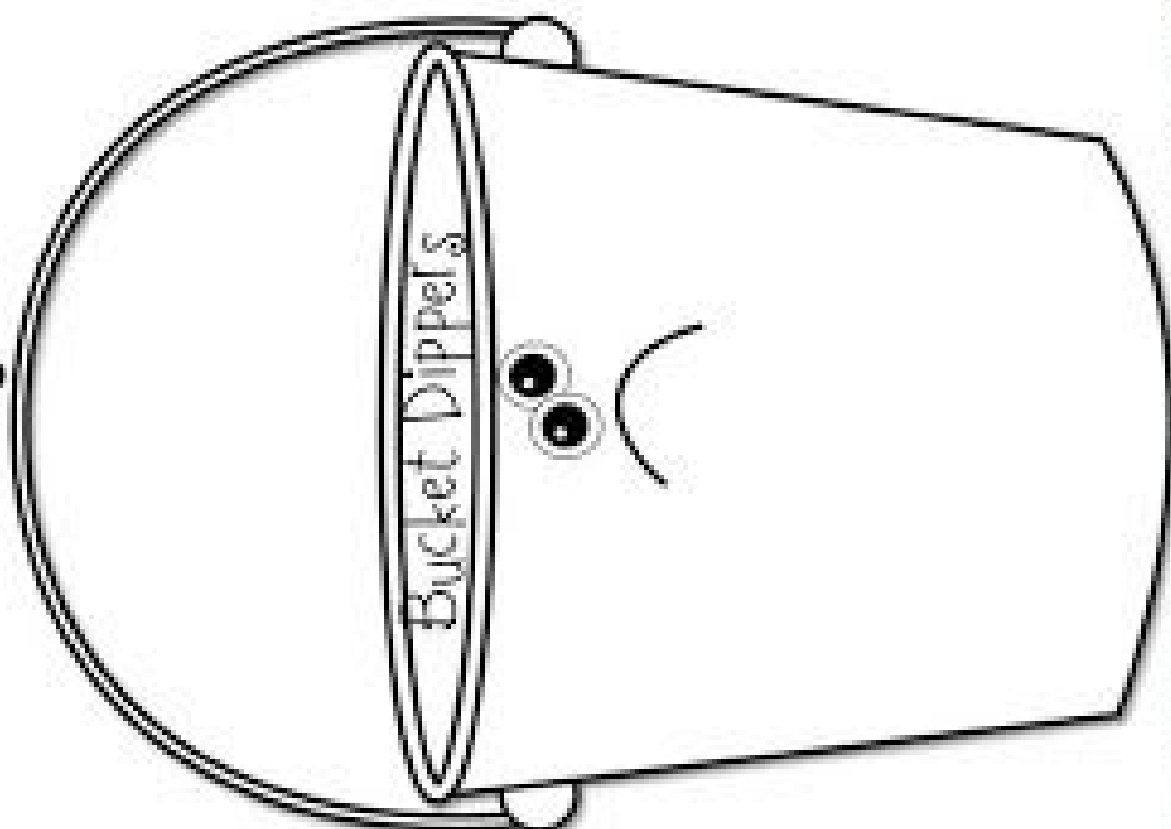
RANDOM ACTS OF KINDNESS

Introduce the [100 Acts of Kindness Chart](#) to your children or create your own! Come up with actions that your family can do for one another, or in the community, to spread kindness. Focus on the positive things that everyone in your family does, including yourself, and mark them on the chart as acts of kindness. Come up with a fun family activity to do together once you have reached 100 Acts of Kindness, such as a family board game night.

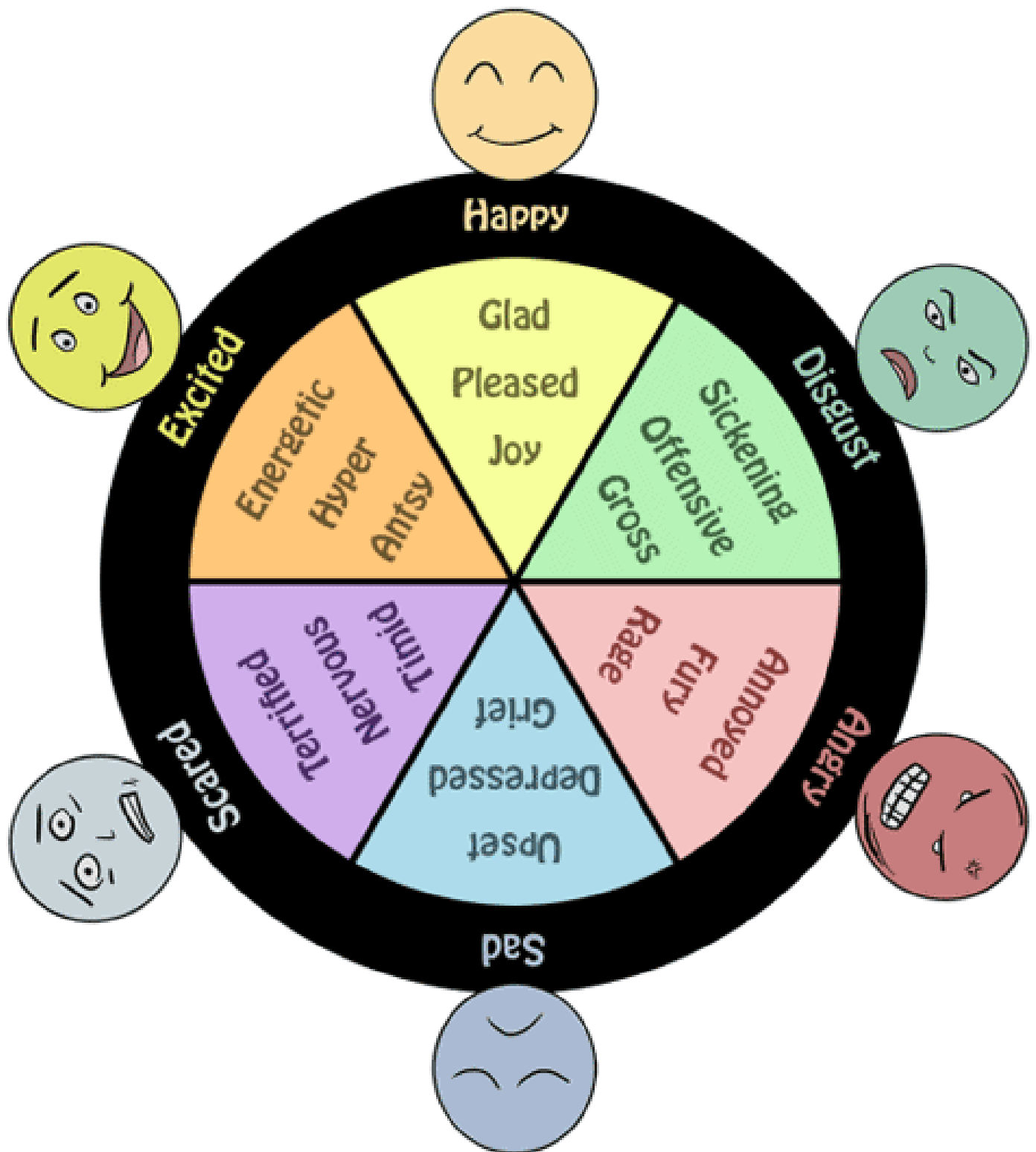
Be sure to continue the conversation about bullying with your family.

For additional support, contact the Family Resource Centre at frc@gov.ky.

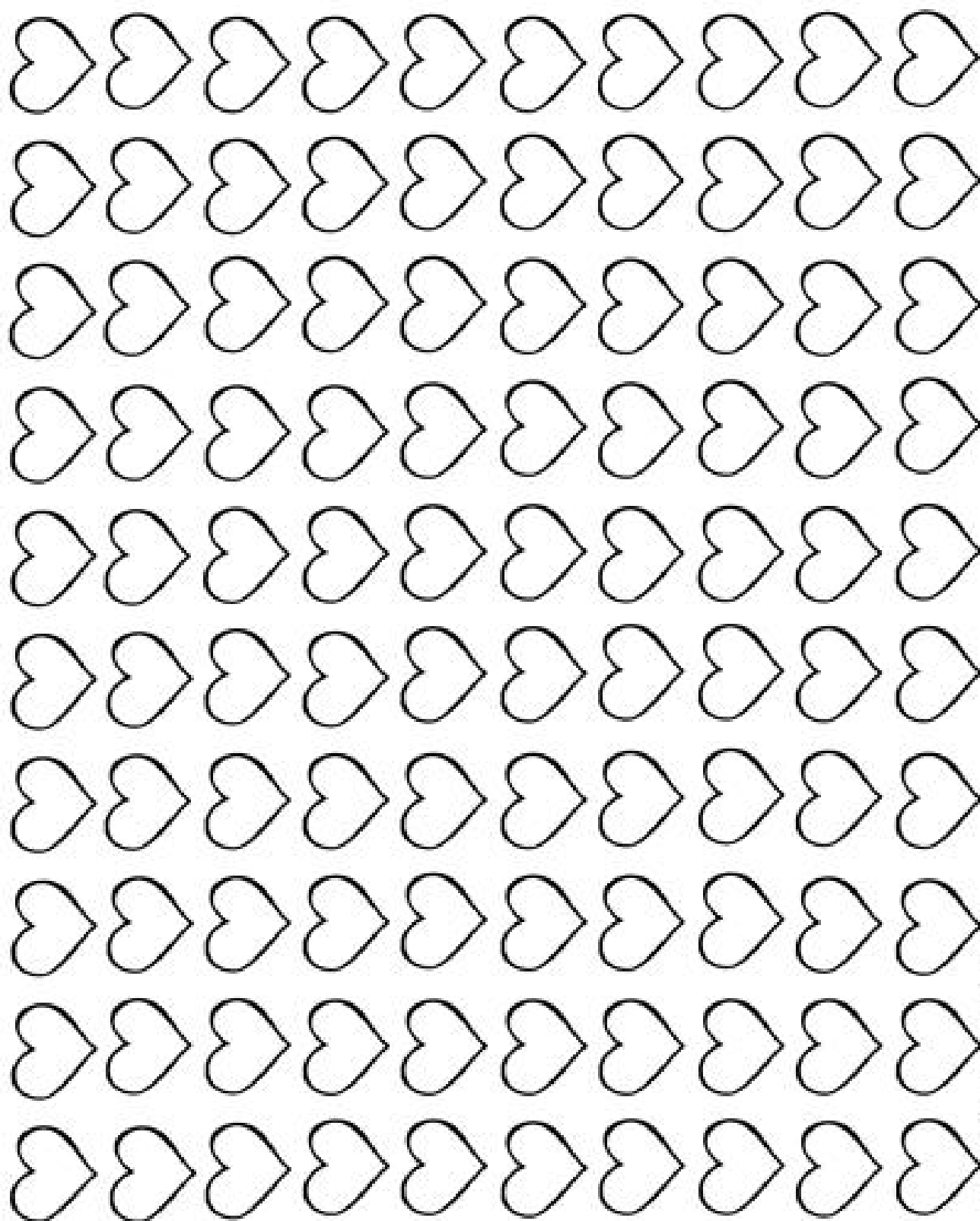
Bucket Brainstorming



Emotion Wheel



100 ACTS OF KINDNESS



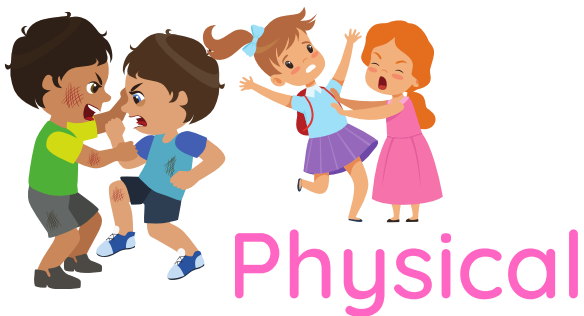
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BULLYING

"is when someone is being hurt either by words or actions on purpose, usually more than once, feels bad because of it, and has a hard time stopping what is happening to them.."

PACER Kids Against Bullying

4 TYPES OF BULLYING



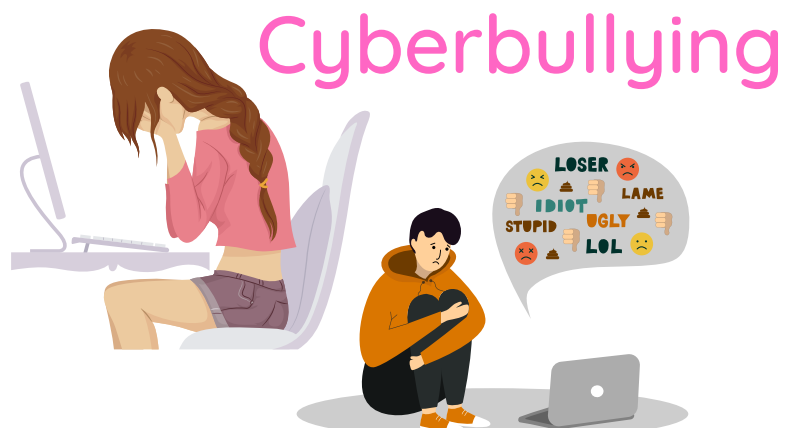
Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short term and long term damage.

Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. While verbal bullying can start off harmless, it can escalate to levels which start affecting the individual target.



Social bullying, sometimes referred to as covert bullying, is often harder to recognise and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and / or cause humiliation.

Cyberbullying is intentional and repeated harm inflicted through the use of computers, phones, and other electronic devices.



National Centre Against Bullying

TAKE ACTION TOGETHER



DEPARTMENT OF
COUNSELLING SERVICES
CAYMAN ISLANDS GOVERNMENT



WHAT TO DO ABOUT BULLYING

If you are being bullied...

Assess the situation

Make sure that you are safe and report it to an authority.

Be the bigger person

Ignore the bully and walk away or ask them to stop.

Control yourself

The only person you can control is yourself. Don't retaliate.

No one deserves to be bullied.

If you are a bystander and you see something, say something. Report it to an authority.

**TAKE ACTION
TOGETHER**



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