

KEY TERMS

What's the difference between social conflict and bullying?

SOCIAL CONFLICT IS NOT BULLYING

DEFINITION OF CONFLICT:

Conflict is a disagreement or argument. Conflicts are normal and have to be handled effectively. Help your child to develop the skills required to resolve conflicts.

DEFINITION OF BULLYING:

A person is bullied when he/she is exposed, **REPEATEDLY** to negative actions on the part of one or more persons and he/she has difficulty defending himself/herself.

DEFINITION OF CYBER-BULLYING:

Using the internet and other forms of technology to harm people in a deliberate, repeated, and hostile manner.

Anti-Bullying Resources are available on the Garden City Middle School website:

<http://middleschool.gardencity.k12.ny.us>

PARENT RESOURCES

Conflict Resolution Tips

Tips Provided by Family Education and the National PTA

<http://school.familyeducation.com/conflict-resolution/manners-and-values/57476.html>

Tips Provided by the National Crime Prevention Council

<http://www.ncpc.org/topics/conflict-resolution/conflict-resolution-tips>

If you need additional assistance regarding bullying or social conflict, please contact your child's guidance counselor.



Created by the GCMS Anti-Bullying Task Force

GARDEN CITY MIDDLE SCHOOL

BULLYING VS. SOCIAL CONFLICT INFORMATION BOOKLET 2013-2014



INSPIRING MINDS

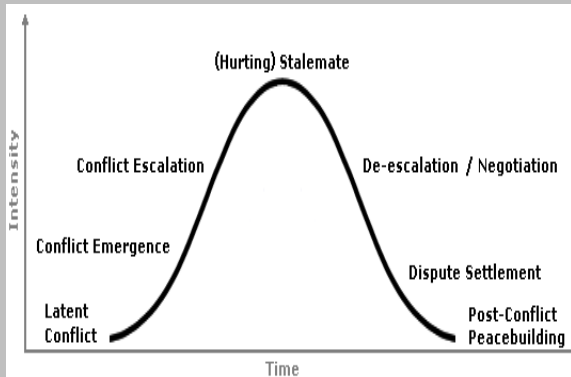
EMPOWERING ACHIEVEMENT

BUILDING COMMUNITY

MISSION STATEMENT

Garden City Middle School's programs are based on middle level philosophy – an educational movement that places emphasis on both the intellectual development (academic excellence) and the social/emotional needs (developmentally appropriate) of the younger adolescent and pre-adolescent child.

CONFLICT RESOLUTION

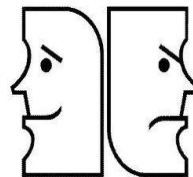


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SUGGESTED PARENT STRATEGIES

What can I do to help my child address social conflicts?

- Think about problem
- Let your child negotiate conflicts before stepping in
- Model conflict resolution skills when talking to child
- Use role play
- Teach how to calm down (ex. Deep breathing)
- Stick with facts
- Use “I” messages
- Listen with empathy
- Brainstorm choices and solutions
- Separate problem vs. people
- Focus on present
- Decide what each person should do
- Stick with decisions
- Talk about another solution if that solution isn't working.



What can I do to help my child address bullying?

- **Never tell your child to ignore bullying.**
- **Don't blame your child for being bullied by their classmates.**
- **Allow your child to talk about his/her bullying experiences.**
- **Empathize with your child.**
- **Even if you disagree with your child's reaction to bullying, don't criticize his/her actions.**
- **Do not encourage physical retaliation.**

What can your child do to help address bullying?

- **L-Leave no one out**
- **E-Empower Yourself**
- **A-Amuse with Humor**
- **D-Distract the Bully**
- **E-Enlist Help**
- **R-Rumors Stop with You**
- **S-Support the Victim**