



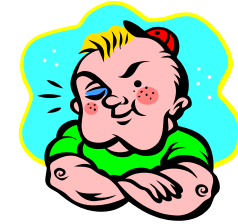
Dodge the Bully

Strategies for Teaching Children How to Avoid and Cope with Bullying

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The Facts



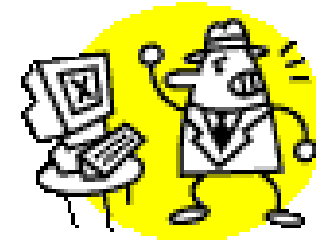
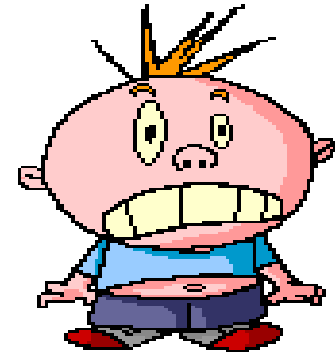
- 75% of school-aged children report being bullied (Hoover, Oliver, & Hazler, 1992)
- Every school day, 160,000 students miss school because they are afraid of being bullied (Fried & Fried).
- Children with AS are four times more likely to be bullied, twice as likely to be hit or kicked in their privates, and twice as likely to be hit by their peers and siblings.

Why?

- Perceived differences
- Too trusting or lack keen knowledge of social norms
- Smaller social circles
- Lack the skills to understand, identify, or report bullying when it occurs
- Increase of inclusion

Types of Bullying

- “Relationship” Bullies
- Group Bullies
- E-Bullying / Cyberbullying
- Traits of Bullies



Warning Signs

- Damaged or Missing Belongings
- Unexplained Cuts, Bruises, Scratches
- Fear of School
- Lost interest of School
- Sad, Moody, Depressed
- Headaches, Stomachaches, Ailments
- Trouble Sleeping, Nightmares
- Loss of Appetite
- Anxious, Low Self-esteem



Tell



- Talk and listen to your child – everyday
- Inventory of Wrongful Activities
- http://wingclips.com/cart.php?target=product&product_id=16210&substring=bully

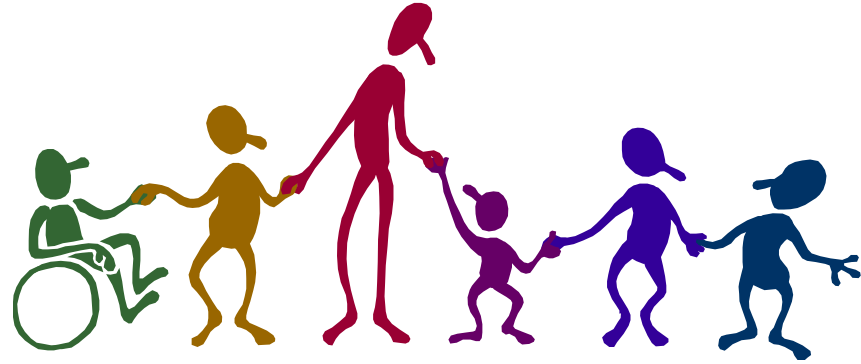
Teach

- Teach the difference between a buddy and a bully
- Provide many examples with “What should you do if” and role playing activities
- Stop – Walk – Talk
- Establish a clear protocol
- Talk, Talk, Talk



Educate Others

- Empathy grows from understanding
- Build friendships
- Circle of Friends
- Diverse Abilities Day
- Profiles



- <http://www.martinliterarymanagement.com/vid-oprah-brad-win.htm>

Teach Self-Advocacy

- Recognize Bullying
- Stand up for themselves
- Work on anger and stress
- Look out for the signs



Video

- <http://www.autismspot.com/videos/Bullying-What-you-must-know> : Video