

KIDS AGAINST BULLYING



IF YOU SEE BULLYING WHAT CAN YOU DO???

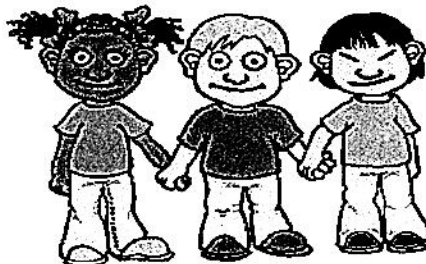
You know the feeling. You see someone being bullied and you feel scared. Or mad. Or sad. Or helpless. You might wonder what you can do to help. Did you know you're not alone? A lot of kids feel that way about bullying.

WHAT CAN YOU DO???

- ✓ Ask the kid who is bullying to stop – Sometimes kids don't realize that what they are doing is hurting someone else. Speaking out helps everyone.
- ✓ Don't join in – Someone who bullies often likes an audience, it makes it more fun for them. If you ignore the bullying, it shows them it's not cool.
- ✓ Help get them away from the situation – It is easy for someone to be bullied when no one sticks up for them. Be a friend. Walk with them to class, play with them on the playground, and let them know they're not alone.
- ✓ Tell an adult – Adults really do care. They are the ones that can enforce the rules. It can be done while the bullying is happening or after. Remember: telling is NOT tattling, it is done to help someone.
- ✓ Let them know that no one deserves to be bullied – Kids who are bullied often feel alone, like no one cares, like it might even be their fault. Let them know that someone cares and that the bullying is not their fault.
- ✓ Ask others to stand against bullying – When kids stick together and don't accept bullying, they can change what has happened to so many for so long. Together we can make a difference.
- ✓ Ask your school to start a bullying prevention program – Everyone at your school needs to know what to do to prevent bullying. The end of bullying begins with you.

YOU CAN CHANGE WHAT IS HAPPENING!

Even a small act can help make a difference. When kids stand together against bullying, they can make their classroom, their school, where they live and even the world a better place!



AS A PARENT, WHAT CAN YOU DO?

Signs your child may be being bullied:

- ✓ Comes home from school with torn or dirty clothing, or damage books
- ✓ Has cuts, bruises, or scrapes
- ✓ Has few, if any, friends to play with
- ✓ Seems afraid to go to school, or complains of headaches or stomach aches
- ✓ Doesn't sleep well or has bad dreams
- ✓ Loses interest in schoolwork
- ✓ Seems sad, depressed, or moody
- ✓ Is anxious or has poor self-esteem
- ✓ Is quiet, sensitive, or passive

If your child shows several of these warning signs, it's possible he or she is being bullied. Talk with your child to find out what is troubling him or her. If there is an issue, teach your child ways to respond – look the bully in the eye, stay calm, ask the bully to stop, walk away. Practice these things so that they become more natural. Be sure to alert the school if the issue is occurring there.

Signs that your child may be bullying others:

- ✓ Teases, threatens, or kicks other children
- ✓ Is hot-tempered or impulsive, or has a hard time following the rules
- ✓ Is aggressive toward adults
- ✓ Is tough or shows no sympathy for children who are bullied
- ✓ Has been involved in other antisocial behavior, such as vandalism or theft
- ✓ Has been a victim of bullying or is friends with bullies

If your child shows several of these warning signs, it's possible that he or she is bullying others. Spend some extra time talking with your child about his or her behavior. Be sure your child understands that bullying is NOT OK and will not be tolerated. Teach compassion and respect by being a positive role model for your child. Help him or her learn different ways to resolve conflict and deal with feelings (anger, insecurity, frustration). Role-playing can be a great tool. Talk to your child's school staff (teacher, principal, counselor) to discuss the issues.

Bicycle Safety

Every year bike crashes kill more than 200 children and send another 350,000 under the age of 15 to hospital emergency rooms. The single most effective safety device available to reduce head injury and death related to bicycle crashes is a helmet. Bike helmets can reduce the risk of head injury by up to 85%.

How to Choose a Bike Helmet

- Look for the label that says the helmet meets U.S. Consumer Product Safety Commission safety standards or those developed by ASTM, SNELL or ANSI.
- Choose a helmet your child likes.
- Choose a helmet that fits comfortably, securely and correctly.
- Check the helmet each year to make sure it still fits your child. Growing children may need a new helmet every few years.



Picture 1 How to wear a bike helmet.

How to Wear a Bike Helmet

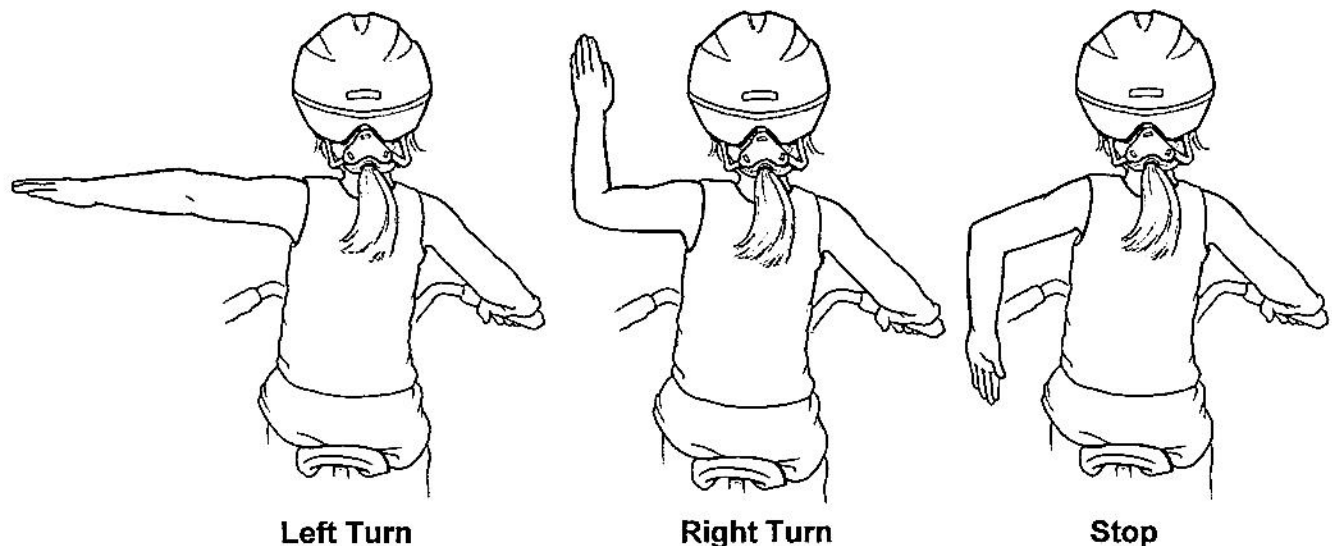
- Make sure the helmet is worn low and level on the forehead (Picture 1). The forehead should be covered, with no more than 1-2 finger widths between the eyebrows and the helmet.
- The helmet should not tip too far forward or too far back.
- The side straps should form a “Y” beneath the child’s ears.
- Make sure you ALWAYS buckle the chin strap. The helmet should be snug. It should not slide from side-to-side or front-to-back. No more than 1 or 2 fingers should fit under the strap.
- Replace any helmet that has been in a crash. Even small cracks may make it less effective in preventing future injury.
- Always wear a bike helmet every time and everywhere you ride.

Helpful Hints

- Be consistent. Always insist your child wear a helmet when riding on wheels. That includes skates, scooters, skateboards, etc. Helmets should be worn for many winter sports too, including sledding, skiing and ice skating.
- Start early. Begin the helmet habit with your child's first set of wheels.
- Be positive. Praise your child for wearing his or her helmet.
- Practice what you preach. When you ride on wheels together, wear your own helmet. Children always learn by example.

Safe Cycling Tips

- Stop and look in all directions for traffic when crossing the street.
- Obey all traffic signs and lights.
- Look to the front and to the rear before making a right or left hand turn and use approved hand signals to show the direction you will be turning (Picture 2).
- Ride one person to a bike.
- Never ride at night or in the rain.
- Check your child's bicycle for correct fit and properly working parts such as wheels, tires and brakes.



Picture 2 Approved hand signals.