

**R.O.C.K. the
RESPECT at GFMS!**

**“We’ve got to dispel
the myth
that bullying
is just a
normal rite
of passage.”**

President Obama

Additional references and
information is available at
the following websites:



www.stopbullyingnow.hrsa.gov/



**George Fischer
Middle School**

**Helpful Information
and Tips to Help Foster
Conversations about
Bullying**

**R.O.C.K. the
Respect
Campaign**

**EMPOWERING
POSITIVE ROLE
MODELS**

Myth: Bullies are rejected by their peers and have no friends

TRUTH: Research shows that many bullies have high status in the classroom and lots of friends. This is particularly true for middle school. Some bullies are quite popular and considered “cool” among their peers

TIP

Talk about popularity. Ask: How do you think popularity is measured? What should it be based on? Are there any negative reasons why some kids are popular? Do you ever wish some popular kids would treat others better? Discuss.

Myth: Victims of harassment become violent

TRUTH: Most victims of bullying are more likely to suffer in silence than to retaliate. Many victims experience depression and low self-esteem, which may make them inclined to turn inward rather than outward.

TIP

Simply listen. Try to understand what your child is going through without offering advice or commentary.

TIP

Empower your child. Talk about what it’s like to be a witness to bullying and safe actions he/she can take.

BE A ROLE MODEL!

TIP

Be open to the idea that your child may be bullied OR that your child may BE the bully: This is not easy. We want our children to be happy and socially appropriate. Look for signs. Be sure to let your child know exactly how you feel about the topic and offer your love and support no matter what!.