

Bullying

Bullying is a set of actions that happen when a child who is, or who wants to feel, more powerful targets a weaker and/or smaller person by hurting or frightening that person, and does so repeatedly.



What is bullying?

Bullying is a form of emotional or physical abuse that has three defining characteristics:

1. **Deliberate** - The intention of hurting someone
2. **Repeated** - Hurting the same victim over and over again
3. **Power imbalance** - Vulnerable victims

Children's Books about Bullying

Bootsie Barker Bites by Barbara Bottner and Peggy Rathman

The New Dog by Barbara Shook Hazen
A Weekend with Wendell by Kevin Henkes

Chrysanthemum/Crisantemo by Kevin Henkes

Billy Bully by Alvaro and Ana Galan
Bully by Laura Vaccaro Seeger
Jungle Bullies by Steven Kroll

The Berenstain Bears and the Bully by San and Jan Berenstain

Big Bad Bruce by Bill Peet

Chester's Way by Kevin Henkes

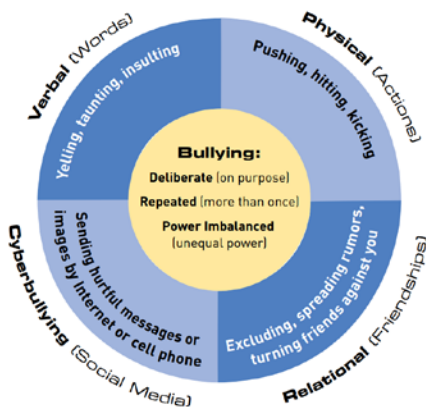
Coyote Raid in Cactus Canyon by J. Arnosky

Gobbles! By Ezra Jack Kets

Hats by Kevin Luthardt

Hooway for Wodney Wat! by Helen Lester

Hugo and the Bully Frogs by Francesca Simon



How to create an anti-bullying environment at home:

- Establishing and identifying rules and values of the home
- Reaching out to support system and resources as needed
- Reading books about caring behaviors
- Modeling caring behaviors with child and other family members
- Exhibiting mutual respect
- Maintaining regular communication with teachers and other school staff



If you have any questions or concerns, please contact your Mental Health Specialist:
Phoebe Darwin
(201) 284-9885 ext. 3007

March 2016

Join us for support group about bullying in preschool!

Cliffside Park

March 21

Bergenfield

March 29

Hackensack

March 24

8:45am

Breakfast included

Contact:

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