

News From Your School Psychologist

Issue No. 4

Topic: Teasing, Bullying and Conflicts

December 2022



Teasing, bullying and conflict are words often used interchangeably, but involve three distinctly different types of interactions. Understanding the specific behaviors involved can help parents and guardians coach kids on the best way to respond. So, what's the difference?

Teasing, Bullying and Conflicts: What's the Difference?


Teasing can consist of neutral, friendly, playful words and actions but also can be negative, annoying, or hurtful. Teasing is often intended to get attention or provoke a reaction. Strategies such as under-reacting or ignoring often put an end to teasing, but children should be encouraged to seek help from an adult if those strategies aren't effective. When teasing becomes hostile behavior intended to exert power over another person, it can escalate to bullying.

Bullying is unwanted, aggressive behavior that is intentional, persistent, severe, pervasive, and involves a social or physical power imbalance between the person doing the bullying and the target.

Conflicts are arguments, disagreements, or fights between people and a normal part of human relationships. While conflicts may involve verbal name calling or physical aggression, a one-time event of two children fighting with no perceived power imbalance is not an example of bullying.

SAFE2SAY
SOMETHING

 MOBILE APP

 1-844-SAF2SAY

 SAFE2SAYPA.ORG

**IF YOU SEE
SOMETHING,
SAY SOMETHING**

Teasing, Bullying, and Conflict

Tips for Conflict Resolution

- Don't ignore the conflict.
- Clarify what the issue is.
- Bring involved parties together to talk.
- Identify a solution.
- Continue to monitor and follow up on the progress.

Be An Upstander, Not A Bystander!

In a bullying situation, an upstander is someone who recognizes when something is wrong and does something to make it right. If an upstander sees or hears about bullying, he or she will do something. This could mean stopping the bully, reporting the event, or otherwise helping the victim even after the fact. Upstanders do their best to support and protect their peers.

A bystander is someone who sees bullying happening but does not do anything to stop it. People who laugh at something mean a bully says or don't say anything when they see bullying happening are bystanders. By doing nothing, the bystander is negatively contributing to the bullying situation.

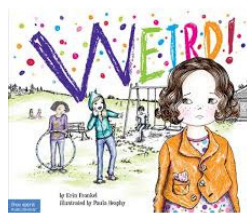
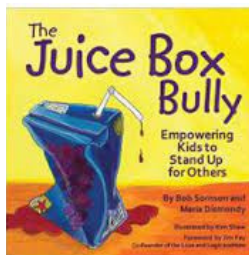
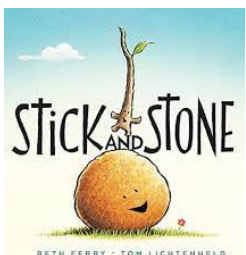
If you see something, say something!



Bullying Resources for Teens

- www.stopbullying.gov
- www.kidshealth.org
- www.parentandteen.com
- www.pacer.org/bullying
- www.stompoutbullying.org

Read Together at Home: Books on Bullying and Conflict Resolution



Problem Solving: Try It At Home

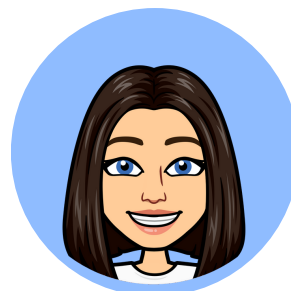
Big problems are hard for children to solve on their own and usually require help from an adult and small problems can be solved without an adult and don't need a big reaction. Help guide your child into understanding if their "problem" is a big problem that requires assistance, or a small problem that they can handle on their own by asking these questions:

- Is anyone hurt? (big problem)
- Is anyone being teased? (big problem)
- Are people being unsafe? (big problem)
- Are you able to solve the problem on your own? (small problem)

Remind yourselves and your children that these questions may need to wait until after a small "cooling off" period. If needed, help your child take a few breaths, or other calming strategies before using the questions. Helping children learn to problem solve is a life skill that will help them in all areas of their lives.

BIG PROBLEMS VS SMALL PROBLEMS
AND HOW TO DEAL WITH THEM

TYPE OF PROBLEM	EXAMPLES	HOW TO DEAL WITH THEM
BIG PROBLEMS		
MEDIUM PROBLEMS		
SMALL PROBLEMS		



Contact Mrs. Huff
School Psychologist

Phone:
570-427-8687 ext. 4102

Email:
hufft@weatherlysd.org

Address:
602 Sixth Street
Weatherly PA 18255

Facebook:
Weatherly Area Student Services

Did You Know?

The SEL program facilitated by our Americorps teacher, Mrs. Calderon-Cruz includes lessons that teach children the difference between teasing, bullying, and conflict; how to prevent and respond to teasing, bullying, and cyberbullying; how to be upstander; and effective conflict resolution strategies.



Group Counseling



Fall groups have been completed. Round 2 of groups will be formulated and begin in January 2023. If interested, please reach out to Mrs. Huff or Miss. Synoski for more information.

Individual Counseling

If your student is in need of direct service, please contact Mrs. Huff or Miss. Synoski to further discuss individual session.



News From Your School Counselor

CCTI Visit

A few 8th graders were able to tour CCTI with our freshmen class. Check out their experience below. Middle school students should be on the lookout for more info on CCTI coming soon!



Tips For A Relaxing Holiday Break

- **Take Care of yourself**- take a quick walk at night; listen to soothing music, reading a favorite book.
- **Get enough sleep**- Being well-rested affects so many areas of your life. Don't sacrifice sleep!
- **Relaxation techniques**- Deep breathing exercises/ meditation. Practicing breathing for 10 minutes a day will keep you calm and relaxed.
- **Plan fun activities with the family**- This could be as simple as going out to build a snowman or baking cookies, reading a holiday story, or playing a board game.
- **Create a Holiday playlist**- Very few things can make us happier than seasonal songs and with good reason: Research shows that listening to music can crank down stress.
- **Take a break and focus on one thing**- If you are a typical multi-tasker, taking too much time on one thing can make you frenzied.
- **Focus on the your vision of the holidays**- Think about the holiday traditions you love most, like lighting the menorah or singing Christmas Carols with your family. Pencil those things in your calendar and let go of some of the rest.



Contact Miss. Synoski
School Counselor

Phone:
570-427-8687 ext. 3107

Email:
synoskid@weatherlysd.org

Address:
602 Sixth Street
Weatherly PA 18255

Facebook:
Weatherly Area Student Services