

# PREVENTION CORNER

October 2020 | Vol.3

The third issue of our Prevention Newsletter explores bullying prevention strategies in honor of National Bullying Prevention Month. What is the difference between bullying and conflict that happens between peers? How can adults help children recognize and respond to bullying? These are all questions that our newsletter for the month of October will cover. Studies show that bullying must – and can – be addressed through education and support. In this issue, we discuss the 3 Rs of Stopping Bullying: Recognize, Report, and Refuse. We also explore the power of the bystander, and what you can do if you see bullying happening to someone else. By working together with your peers and trusted adults, you can help stop bullying in your school and community!

**"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves."**

**- Amelia Earhart**

Our Prevention Team highlights National Bullying Prevention Month by sharing tips on how children and adults can help stop bullying. Visit the Prevention Talks link which can be found in the location and contact info section on page two of the newsletter.



## Halloween Riddles

- 1. What do ghosts have for dessert?**
- 2. What is a skeleton's favorite instrument?**
- 3. What was the witch's favorite subject in school?**



## Bullying Prevention

Research continues to show that bullying negatively affects the social, emotional, and academic health of all involved—victims, offenders, and bystanders. For the month of October, we review the definition of bullying and discuss the 3 Rs of Bullying, as well as the power of the bystander. Together, we can make our schools and communities safer for all!

### Inside this issue:

- The 3 Rs of Stopping Bullying
- Prevention Talks Series
- Upcoming Events



# HELP STOP BULLYING

Bullying is when someone keeps being mean to someone else on purpose. The person its happening to hasn't been able to make it stop. It is unfair and one-sided. Examples of bullying include, when someone hurts someone else's body or belongings, as well as when someone keeps saying something to hurt someone else's feelings. The first step to help you stop bullying is to recognize it when happens to you or someone else. What clues help you recognize bullying? When its mean or hurtful, on purpose, keeps happening, and you haven't been able to make it stop. After you recognize that bullying is happening, you need to report it. Reporting to an adult who cares about you and listens can help you stop bullying when it happens to you or to someone else. If the first adult you report to doesn't help, keep reporting to other adults until you find one who does. A trusted adult can be a teacher, guidance counselor, or principal. After you have reported it to an adult, it is important to refuse bullying, the third R of stopping bullying. To refuse bullying, you need to be assertive, and use a strong, respectful voice. Practicing what you want to say with a caring adult first is a good way to be ready when you need to refuse bullying.

What can you do if you are a bystander? When you see or know bullying is happening to someone else, you are a bystander to bullying. Bystanders have the power to help stop bullying. To be a positive bystander, you can stand up for the person being bullied, as well as report or help report the bullying to a caring adult. Together, we can help stop bullying!

## 3 Rs of Bullying

**R**ecognize

**R**eport

**R**efuse



### Answer Key:

1. I scream
2. The trombone
3. Spelling!

## Upcoming Events

### Parenting Classes:

**Parenting Teens:** Begins October 15, 2020

**Spanish Parenting:** Begins November 18, 2020

\*Classes are offered weekly for six consecutive weeks on Zoom.

The Active Parenting programs provide a unique opportunity for you to interact with our Prevention Specialists and other parents who often share similar experiences raising children today. Together we learn additional skills and strategies to improve communication, build character and responsibility in each child, use positive discipline practices and minimize power struggles. Research based program materials, videos and group discussion offer an interactive and dynamic learning community.

## LOCATION & CONTACT INFO



David Lawrence Centers for Behavioral Health | Prevention Services  
2806 South Horseshoe Drive, Naples, FL 34104 | 239.263.4013  
**Parenting Classes:** <https://davidlawrencecenter.org/parentingprograms/>  
**Prevention Thursdays:** <https://davidlawrencecenter.org/prevention-talks/>  
**Stand Up:** <https://davidlawrencecenter.org/stand-up/>

