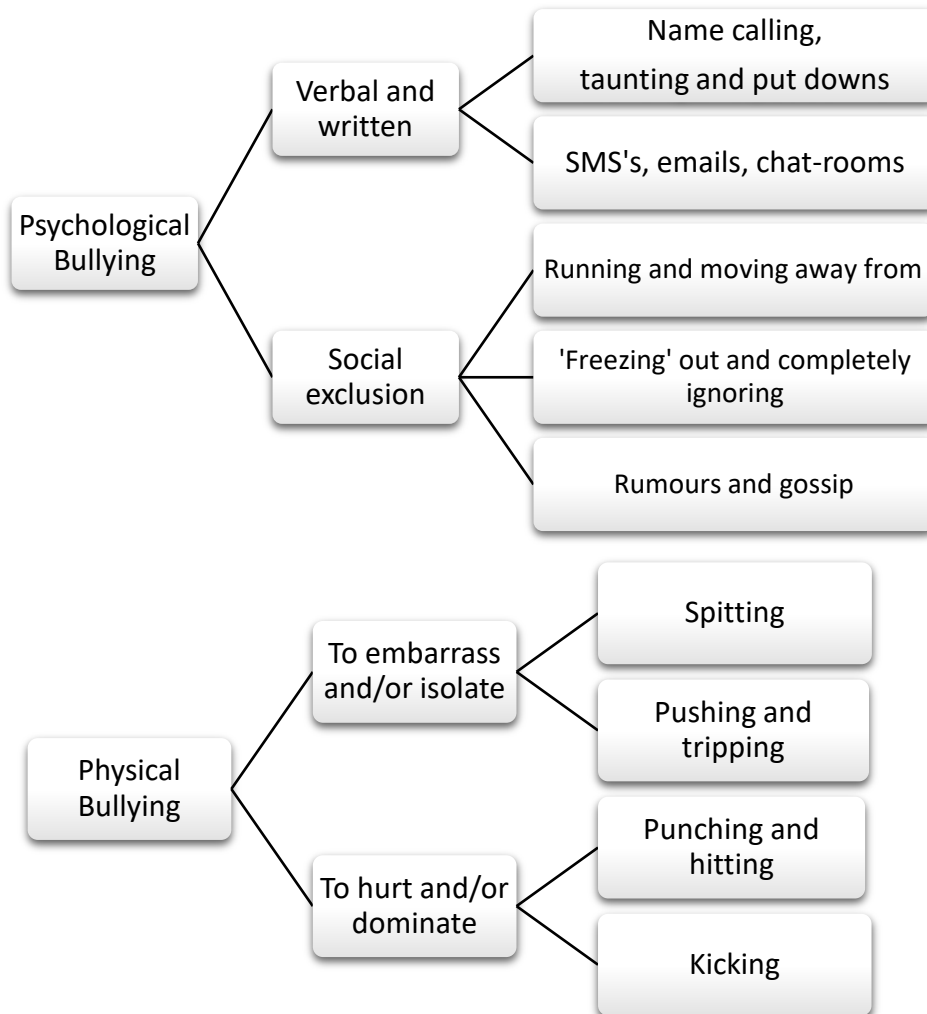


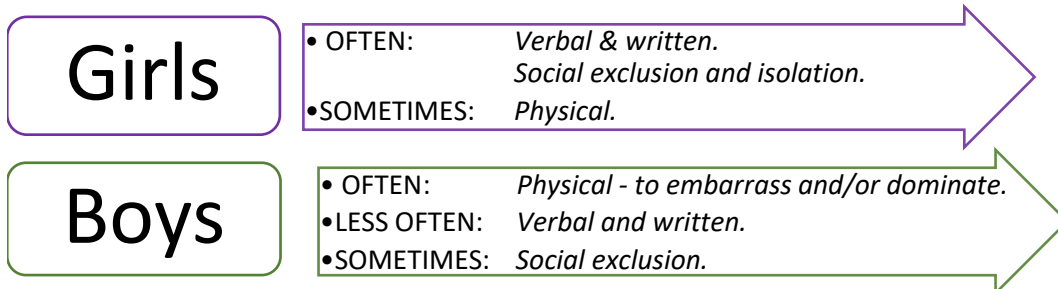
PARENT INFORMATION 3

The Different Types of Bullying & Straight Talk

Children usually describe bullying as the obvious behaviours like name calling, put-downs, hitting and kicking. However, it is helpful to distinguish between Psychological and Physical Bullying, identify exactly what is occurring, and then choose the best HIGHWAY TOOL for dealing with it.



The bullying that occurs amongst girls and boys has some differences, although each are capable of Physical and Psychological Bullying. The following are the chief differences:



Straight Talk

Straight Talk is a HIGHWAY TOOL that enables a child to successfully step up to Psychological Bullying, and also to social exclusion. Teaching your child Straight Talk involves discussing the differences between:

- Being verbally assertive and verbally aggressive.
- ‘Drama Llama’ talking and strong, calm talking.
- A tone of voice that is whiney or firm.
- Words that are blaming or clearly describe the behaviour.
- Delivering the message through the rumour-mill or directly to the bullyer.

Simply, Straight Talk involves directly approaching the bullyer, calmly describing the behaviour they’re engaging in, and assertively stating that it needs to stop.

Straight Talk takes a lot of courage. Approaching someone to openly ‘call’ them on their behaviour is no mean feat for anyone – child or adult – and particularly if the bullying has been covert - and therefore unrecognised.

Here are specific examples of bullying for which Straight Talk is effective:

Exclusion

- A group of friends who bunch up closely together leaving no space for a child to sit.
- The children who run away after they have said that they will play with the child.
- The child who ‘tells stories’ about another child to embarrass and isolate them.

Verbal

- The child who whispers something about someone, and then denies it was nasty.
- The child who pretends their comments about someone were innocent, and not intended to be hurtful.

The Straight Talk steps are straight forward. Your child would benefit greatly from role playing them with you during the week. They are:

Step 1: Approach the bullyer.

Step 2: Calmly describe the unwanted behaviour.

Step 3: Assertively say it needs to stop.

REFLECTION POINT:

‘Chinese Whispers’ type bullying also happens to adults – both in social groups and at work. How confident would you feel directly approaching those involved in that situation - and assertively saying it must stop? Perhaps during this week there will be an opportunity to find out.