

Two things that kids will do almost anything for:

1. Sense of belonging
2. Sense of significance

“Both of these needs are hardwired from birth and are in high demand everyday on a subconscious level. If kids can’t meet these needs in a positive way they will resort to negative means.

“If a child continually lacks a strong sense of significance through positive productive means, she/he may resort to bullying as an attempt to use his/her internal need for power to control and influence others. This gains the shadow of significance that he/she has been craving.”

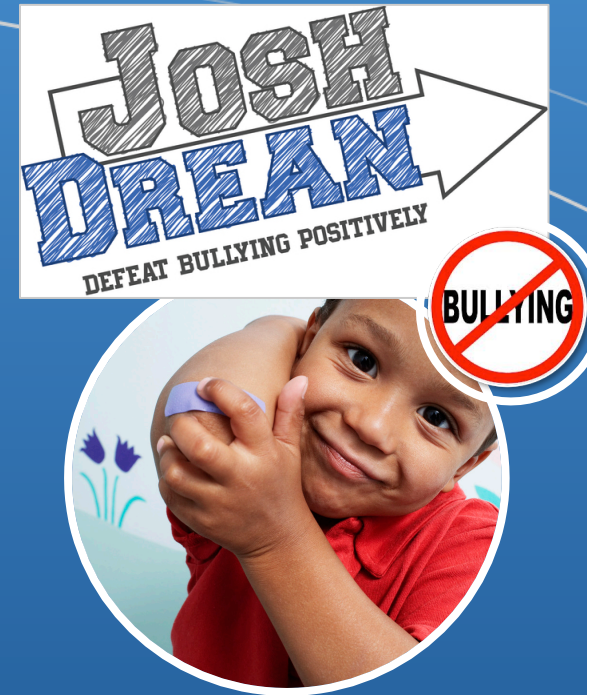
-Alfred Adler, MD



Have a question?  
Reach out!

Josh has been a part of the anti-bullying movement since he graduated from BYU in 2011. He started with CAPS, an organization in Long Island NY that works to defeat bullying within schools. He partnered with the New York Public Library to bring his parenting presentation to parents and students in The Bronx, Staten Island and Brooklyn.

Josh is dedicated to implementing the whole-school model by inspiring students, empowering educators, and informing parents to create a culture of respect.



Defeat  
Bullying  
Positively

BullySpeak

93 N 100 W Lehi, UT 84043  
www.joshdreaN.com  
347-835-7708

[josh@joshdreaN.com](mailto:josh@joshdreaN.com)

[info@bullyspeak.org](mailto:info@bullyspeak.org)

A Parent's Guide

Josh DreaN  
[www.joshdreaN.com](http://www.joshdreaN.com)

# Bullying stops in the home.



Parent involvement is the most difficult element in tackling bullying because parents are not directly involved in school life, but your cooperation is essential for the whole-school model to work. Below are some tips, tricks, and suggestions to make sure that the battle fought on the front lines is successful.



“Bullying is an ongoing problem, so a ‘one-off’ effort over a term or a year without continuation will have little or no lasting impact” (Smith, 2004, p101).

## Your Daily Dosage:

- Give them a positive dose of attention everyday.
  - Be fully present in your child's world 10 min a day
- Offer a feeling of emotional connection everyday.
  - Let them make meaningful contributions
  - Give them age-appropriate control
  - Let them participate in rule-making.

## If your child is involved in bullying:

- Bring the topic out in the open
  - Look for the signs
  - Ask the right questions
- Discuss response strategies
  - Strengthen self-esteem
- Provide a structure
  - Give them space, but be a parent
- Set an example!

## Remember!

- Reinforce positive behaviors in your children
- Create an environment for open communication
- Stand as a model of non-violence and correct living
- Learn to recognize signs of bullying behaviors
- Understand when and how to report instances of bullying