



Bridging Refugee Youth & Children's Services

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Refugee Youth and Bullying Workshop Materials

By Catholic Charities Atlanta

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Refugee Youth and Bullying Workshop Materials

The Refugee Parenting Program of Catholic Charities Atlanta frequently hosts workshops for refugee parents on various topics. One such workshop is on bullying and this document outlines what they cover and how they facilitate the workshop. Program managers might consider replicating such a workshop in their part of the country.

This document includes:

1. Refugee Youth and Bullying Workshop Outline
2. Pre/post Test English
3. Pre/post Test Nepali
4. Pre/post Test Russian

These materials were created by the Refugee Parenting Program of Catholic Charities Atlanta. For more information, please contact the Refugee Parenting Program at 770-790-3109.

Introductions

- Thank host family for providing space
- Introduce self, Catholic Charities Atlanta
- Pass around attendance sheet
- Attendees introduce themselves and where they are from
- Introduce topic & ask everyone to take a pre-test

Pre-Test

Presentation

- Warmly welcome everyone again and create comfortable atmosphere; tell attendees that they are welcome to ask questions or make comments at any time.

Interaction: What do your children say about school? What is it like for them? Have they made friends?

Transition: Sometimes children have a hard time adjusting and making friends. Today we're going to talk about bullying, which is a growing problem in the schools.

- What is bullying?
 - Go over Definition of Bullying
 - From government's "Stop Bullying Now!" campaign
<http://www.stopbullyingnow.hrsa.gov/kids/what-is-bullying.aspx>
 - Explain thoroughly and show pictures as examples. Ideas of pictures to use include:
 - <http://newsrealblog.files.wordpress.com/2009/09/fighting-kids.jpg>
 - <http://www.co.washington.or.us/cgi/neighbor/graphics/graf0309/bully.gif>
 - <http://www.girlslife.com/image.axd?i=10637>
 - <http://www.eyesonbullying.org/images/tease2.jpg>
 - <http://www.tinyeinsteins.com/logo%20purple%20girl%20on%20computer.jpg200.jpg>
 - Give examples of each (spreading rumors: telling other people that someone smells bad or sleeps around)

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- Cyberbullying
 - Definition also from government's "Stop Bullying Now!" campaign: <http://www.stopbullyingnow.hrsa.gov/kids/what-is-bullying.aspx>
 - Explain (example, going online to spread rumors that someone is gay or that a girl is promiscuous)
- Explain that bullying can happen to anyone for any reason—sometimes it's about an accent or being overweight. Other times, children bully for no reason.

Interaction: Did bullying happen when you were younger? How did teachers/parents handle it?

- Review the information from this page of the "Stop Bullying Now!" Web site: <http://www.stopbullyingnow.hrsa.gov/adults/why-should-adults-care.aspx>
 - Children who bully (see #3 on the Web page)
 - Mention that children who bully are more likely to be engaged in other troubling behavior
 - Observers of bullying (see #4 on the Web page)
 - Explain why observers can feel scared or guilty
 - Prevalence of bullying (see #1 on the Web page)
 - Studies show that at least 15-25% of students are bullied
 - Serious affects of bullying (see #2 on the Web page)
 - Discuss lower self-esteem, depression/anxiety, and long-lasting nature of effects
 - Unfortunately, we have seen serious affects of bullying. Sometimes when students are depressed or anxious about bullying, they feel that they cannot continue to deal with it.
 - Talk about examples from the media:
 - Jaheem Herrera in GA (<http://www.foxnews.com/story/0,2933,517470,00.html> or <http://www.cnn.com/2010/US/10/15/georgia.bullying.suicide/index.html>)
 - Phoebe Prince (<http://www.people.com/people/archive/article/0,,20350702,00.html>)
 - Because we don't want these horrible things to happen again, we are talking to you. When you are aware of bullying and know what to do, you can prevent more situations like these.

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Transition: So let's talk about how to know if your child is being bullied, and then what you can do.

- How do you know if your child is being bullied? Signs?
 - For this section, use the "Stop Bullying Now!" handout on "Warning Signs that a Child is Being Bullied" (http://www.stopbullyingnow.hrsa.gov/hhs_psa/pdfs/sbn_tip_7.pdf)
 - Review the list of "warning signs"
 - Communication
 - Review list of direct/subtle questions
 - Remind parents that it is their job to know what is going on with their children. Hopefully their children feel comfortable talking to them, but often children being bullied are afraid to tell their parents about the problem. Their children need to know that they will continue asking questions until the problem is resolved.
 - If your children will not talk to you, but you feel something is wrong, try talking to their friends and teachers. Use interpreters (which we can provide).

Interaction: Do your children talk to you about what is going on? How can you improve communication?

- What to do
 - Use the "Stop Bullying Now!" handout "How to Talk with Educators at Your Child's School About Bullying: Tips for Parents of Bullied Children" (http://www.stopbullyingnow.hrsa.gov/HHS_PSA/pdfs/SBN_Tip_3.pdf)
 - Keep records
 - Meet with teachers
 - Follow-up
 - Other school staff to talk to
 - Remember: It is the school's responsibility to address the problems of bullying.

Homework

- Talk to your kids about bullying. They know more than we do because their schools talk about it, they might see it. Learn from them, and open the communication.

Post-Test

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Name : _____ Date : _____ Pre or Post Test

Bullying can include:

- a) Spreading rumors about someone
- b) Hurting someone physically
- c) Excluding someone from the group
- d) All of the above

Cyberbullying is when children bully each other:

- a) With weapons
- b) Through the internet (computer) or cell phones
- c) By involving the entire family
- d) About their ethnicity

Bullying can have serious and long-lasting mental health affects.

True

False

If your child has been bullied, you should:

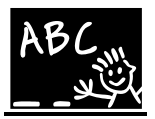
- a) Find the bully and make him/her stop bothering your child
- b) Threaten the bully's family
- c) Go to the school and talk to your child's teacher
- d) Tell your child to stand up for himself/herself and not to complain

Schools have the responsibility to stop bullying.

True

False

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नाम मिति.....

हेप्ने भन्नाले यी कुरा समावेश हुन सकछन्:

- क) कसैको बारेमा हल्ला फैलाउने
- ख) कसैलाई शारिरीक रूपले चोट पुर्याउने
- ग) कसैलाई समुहबाट अलग्याउने
- घ) माथीका सबै

साइबरबाट हेप्ने भन्नाले जब केटाकेटीहरु एक अर्कालाई हेप्छन्:

- क) हतियार मार्फत
- ख) इन्टरनेट (कम्प्युटर) अथवा मोबाइल फोन मार्फत
- ग) पूरै परिवार सम्मिलित गराएर
- घ) उनीहरुको जातीयताबारे

हेपाईले लामो-समयसम्म र गम्भीर मानसिक असर पर्न सकछ।

सत्य

असत्य

यदि तपाईंको बालकलाई हेपेको छ भने, तपाईंले:

- क) हेप्ने ब्यक्ति फेलापार्ने र उसबाट तपाईंको बालकलाई हेप्नबाट रोक्ने
- ख) हेप्ने ब्यक्तिको परिवारलाई तर्साउने
- ग) स्कूलमा जाने र तपाईंको बालकको अध्यापकसंग कुराकानी गर्ने
- घ) तपाईंको बालकलाई आफै तगडा हुनु भन्ने र कतै उजुर नगर्ने

हेप्नबाट रोक्न स्कूलको जिम्मेवारी छ।

सत्य

असत्य

Имя, фамилия _____ Дата _____

Bullying -- травля, запугивание, третиование могут включать следующие действия:

- а) Распространение слухов, сплетен о ком-либо
- б) Физическая расправа
- с) Изгнание из группы
- д) Все вышеописанное

Cyberbullying --кибертравля, это когда дети запугивают, третируют друг друга

- а) Применяя оружие
- б) Посредством Интернета (компьютер) или мобильных телефонов
- с) Путем вовлечения всей семьи
- д) По поводу национальной принадлежности

Bullying – травля, может иметь серьезные и продолжительные разрушительные последствия для психики того, кого травят

Верно

Неверно

Если вашего ребенка травят, вам следует сделать следующее:

- а) Заставьте того, кто издевается над вашим ребенком, прекратить эти действия по отношению к вашему ребенку
- б) Пригрозите семье того, кто издевается
- с) Поидите в школу и поговорите с учителем вашего ребенка
- д) Скажите своему ребенку, чтобы он постоял за себя и прекратил жаловаться на издевательства

Школы обязаны остановить травлю

Верно

Неверно