

TOP TEN TAKAWAYS

Rosalind Wiseman - Cliques, Bullies, and Bystanders

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1. **One goal of parenting is to raise competent people** who can navigate social situations with confidence.
2. **Bullying is not about being nice or not ... it's about power over another person** – someone you know of, don't know or someone who is a "friend". Bullying is a pattern of continuous action done with intention to gain power over another person. Help your children set their own agenda and speak their truth or they will become vulnerable and give up their power.
3. **What to say when your child or a student comes to you with a situation:** "I'm so sorry this is happening to you. Thank you for telling me. Together we are going to get through this." If your child begs you not to say anything – you can say "I'd like to make this promise but I might have to do something if safety or wellbeing is an issue". But I do promise we'll work together on it.
4. **SEAL (Stop, Explain, Affirm, Lock-in):** The approach Wiseman recommends to resolve conflict; if prompted and guided, kids can do this in their own words: **Stop** the current pattern; **Explain** how you feel or what happened; **Affirm** what you contributed to the problem or what the other person may be feeling; **Lock-in** why this is important and what you want to have happen.
5. **Take the bad feelings from your stomach and put them into words or pictures, or poems – just get them out.** This gives kids more power over the situation. Today's nomenclature among kids is coded in "just joking", "no offense", but these can be forms of bullying and do hurt people. Our world today has become desensitized. Journaling can help many children and teens.
6. **Guide your child in listing what qualities are important in a Friendship** (usually some variation on trust, loyalty and *can be myself*). Then list what you're getting from your 'friend' ... what do you have to gain/lose; is this a friendship worth keeping; what can you do about it.
7. **Tattle-telling vs. Reporting:** Seeking to get someone in trouble and escalate the problem vs. reporting - which makes the problem smaller or go away; important distinction for elementary

8. **Boys & girls language differs in resolving conflict** - more verbiage for girls – may be angry for a while and may need to take a “vacation” from the friendship; boys abbreviate: *Dude, like, not cool* –OK. Kids talk more comfortably side by side vs. face to face, or in a car with parents.
9. **Limited Choices:** When children behave disrespectfully to you, eg.) eye rolling; remind them that they have a choice. They can continue rolling their eyes and not get what they want from the situation or they can cool off, come back *without* the sighs and eye rolling and at least be listened to (no promise of getting what they want)
10. **Technology Rules.** This is an opportunity to reaffirm your family values; cell phones, IM'ing and face book are privileges and all need boundaries on where, when and how they are used. Can be the most hurtful bullying tool. Too many immediate, emotional reactions that lead to trouble. Irony in “no PG 13 movies” but the internet in my palm.