

# THIRD CHILD, INC.

BULLY PREVENTION MINI WORKSHOP  
FOR FAMILIES & CHILDREN (AGES 6-10)



# ABOUT THIRD, CHILD INC.

Third Child, Inc. Is a nonprofit operating out of Pittsburgh Pa

Formed to support the needs of children affected by challenging behavior and to educate adults who interact with those children.

We provide resources, trainings, community outreach and individual and group consultation on the topic of challenging behavior

## WHY BULLY PREVENTION?

Children are experiencing a range of emotions that can be difficult for them to navigate under normal circumstances. With a global health crisis that effects every aspect of life, children are learning at home, living at home, and playing at home. The limitations placed on all of society due to the pandemic force us to make accommodations to best of our abilities.

Children need support and guidance from adults as to how they can effectively navigate these difficult times and their feelings of isolation

# POSITIVE ACTION

- The strategies we'll discuss in the workshop are a collection of research-based interventions that have been used in educational settings, recreational settings and in the home.
- We will focus a great deal on the Positive Action for Bully Prevention Curriculum because it centers on the individual and what they can do whether they are the bully, victim, or bystander.

**IT IS IMPORTANT TO MENTION THAT WE SIMPLY CANNOT COVER EVERYTHING IN THE TIME THAT WE HAVE SO WE'LL COVER THE BASICS FOR TODAY**

DOING  
GOOD;  
FEELING  
GOOD

- Bullying affects how we feel about ourselves—whether we are the bully, the victim, or the bystander
- Positive Action's philosophy teaches that we feel good about ourselves when we do positive actions and that there's a positive way to do everything, and invites everyone to participate in a safe and respectful environment where bullying doesn't work for anyone
- Armed with positive tools and a positive attitude, kids learn to get what they want in positive ways, without resorting to bullying behaviors

<https://video.link/w/bDnWb>

# WHAT I THINK, DO, AND FEEL ABOUT MYSELF

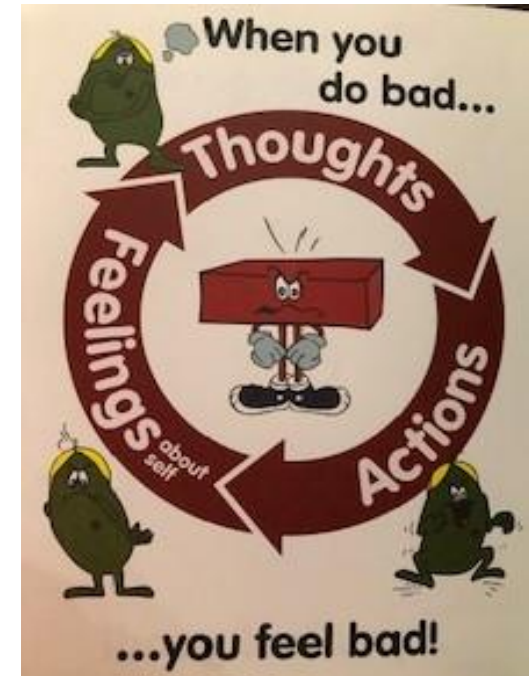
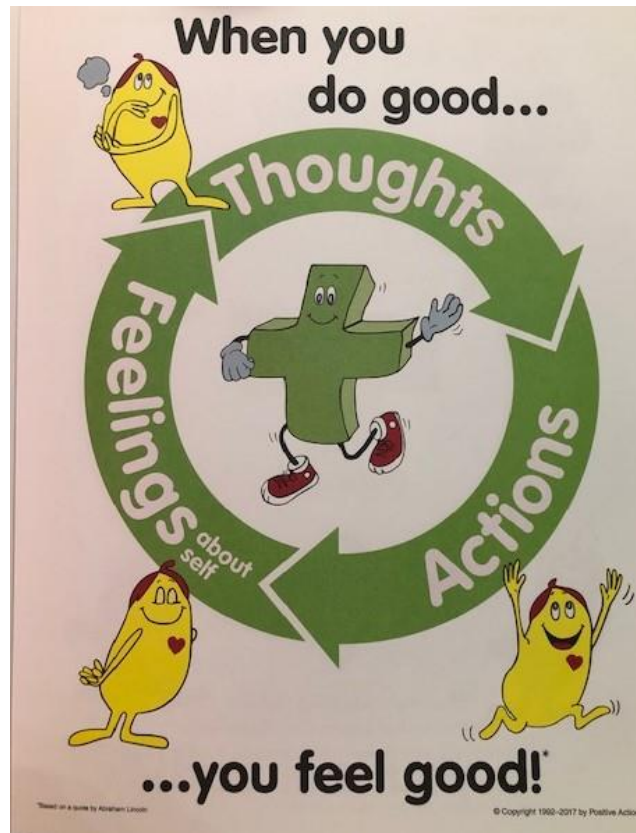
- Bullying affects the whole self and how we feel about ourselves—whether we are the bully, the victim, or a bystander
- Remember the Positive Action program, philosophy, and the **Thoughts-Actions-Feelings Circle**
- Choosing the positive action of looking for the good in others instead of the negative bullying action of make fun of others
- The difference between positive and negative actions

## HOW I WANT TO BE TREATED

- Getting along with others by treating them the way we like to be treated; and to show how bullying affects our ability to treat others the way we like to be treated—whether we are the bully, the victim, or the bystander.
- Treating others with love, care, empathy, respect, cooperation, kindness, fairness, compassion, courtesy, and positive communication
- Including others in activities instead of the negative bullying action of excluding others from activities

<https://video.link/w/WqoWb>

# THOUGHTS ACTIONS FEELINGS CIRCLE





CREATING A  
SAFE  
ENVIRONMENT  
FOR  
EVERYBODY

- We need to do the social and emotional positive actions of improving ourselves continually to create a safe, caring, and bully-free environment in our classroom and in our school, and to show how bullying affect our ability to set and achieve individual and collective goals—whether we are the bully, the victim, or the bystander
- Continually improving ourselves, including pursuing our dreams and ideals and setting physical, intellectual, social, and emotional goals; and then achieving those goals by believing in our potential, having the courage to try, turning problems into opportunities
- Caring for others' property and being constructive instead of the negative bully action of destroying others property

<https://video.link/w/p1oWb>

# TELLING YOURSELF THE TRUTH

- Telling ourselves and others the truth to feel good about ourselves—whether we are the bully, the victim, or the bystander.
- Focus on the specific positive actions for self-honesty or doing what you say you will do, admitting our mistakes and refusing to blame others
- Choosing the positive action of saying good things about others instead of the negative bullying action of spreading rumors about others.

<https://video.link/w/lvoWb>

<https://video.link/w/PxoWb>

# STANDING ON THE TRUTH

- Tell ourselves and others the truth to create a safe, caring, and bully-free environment; and to show how bullying affects our ability to be honest with ourselves and others—whether we are the bully, the victim, or the bystander.
- Being in touch with reality; telling others the truth; recognizing our strengths, and weaknesses and likes and dislikes; doing what we say we'll do; not making excuses; admitting our mistakes and refusing to blame others; refusing to rationalize and acknowledging the truth; resisting peer pressure; avoiding self-pity; being honest about our feeling; and lightening up
- Saying good things about others instead of the negative bullying action of spreading rumors about others

# MANAGING MYSELF

- Understanding the difference between positive and negative, to discuss the social and emotional positive actions for managing our emotions, and to discover how bullying affects our whole selves and how we feel about ourselves—whether we are the bully, the victim, or the bystander.
- Managing yourself responsibly, including self-discipline and managing your eight resources of time (previously mentioned)
- When you feel strong emotions like fear, anger or jealousy, stop and use positive actions like counting to 10, take a deep breath (or two), then choose something positive you can do instead of letting your strong feelings control you.
- Try this box breathing exercise to practice: <https://video.link/w/KIoWb>

# MANAGING MY EMOTIONS

- Managing yourself responsibly, including self-discipline and managing your eight resources of time, energy, talents, possessions, money, thoughts, actions, and feelings (including fear, anger, and jealousy)
- Managing the feelings or emotions that are often associated with bullying: fear, anger, and jealousy
- Do the positive action of protecting others' safety instead of the negative bullying action of threatening others with harm

<https://video.link/w/fgoWb>

# EXAMPLES AND OTHER RESOURCES

Click the link below for examples of types of bullying:

<https://video.link/w/i6nWb>

For more about cyberbullying and other bullying resources click the link below:

[Cyberbullying - National Bullying Prevention Center \(pacer.org\)](https://www.pacer.org/cyberbullying/)

# FOR MORE INFORMATION ABOUT BULLYING OR HELP WITH CHALLENGING BEHAVIOR?

- Contact Twila at [twila@thirdchildconsulting.com](mailto:twila@thirdchildconsulting.com)
- Want to receive additional information about upcoming trainings, individual consultations, play dates, and other resources and events provided by Third Child, Inc.?

email to [twila@thirdchildconsulting.com](mailto:twila@thirdchildconsulting.com) and type in the subject line "Tell Me More"

You can support us with a donation at [www.thirdchild.org](http://www.thirdchild.org)

THANK YOU FOR JOINING US TODAY!