

HELPING CHILDREN HANDLE PEER CONFLICT

Parent Workshop

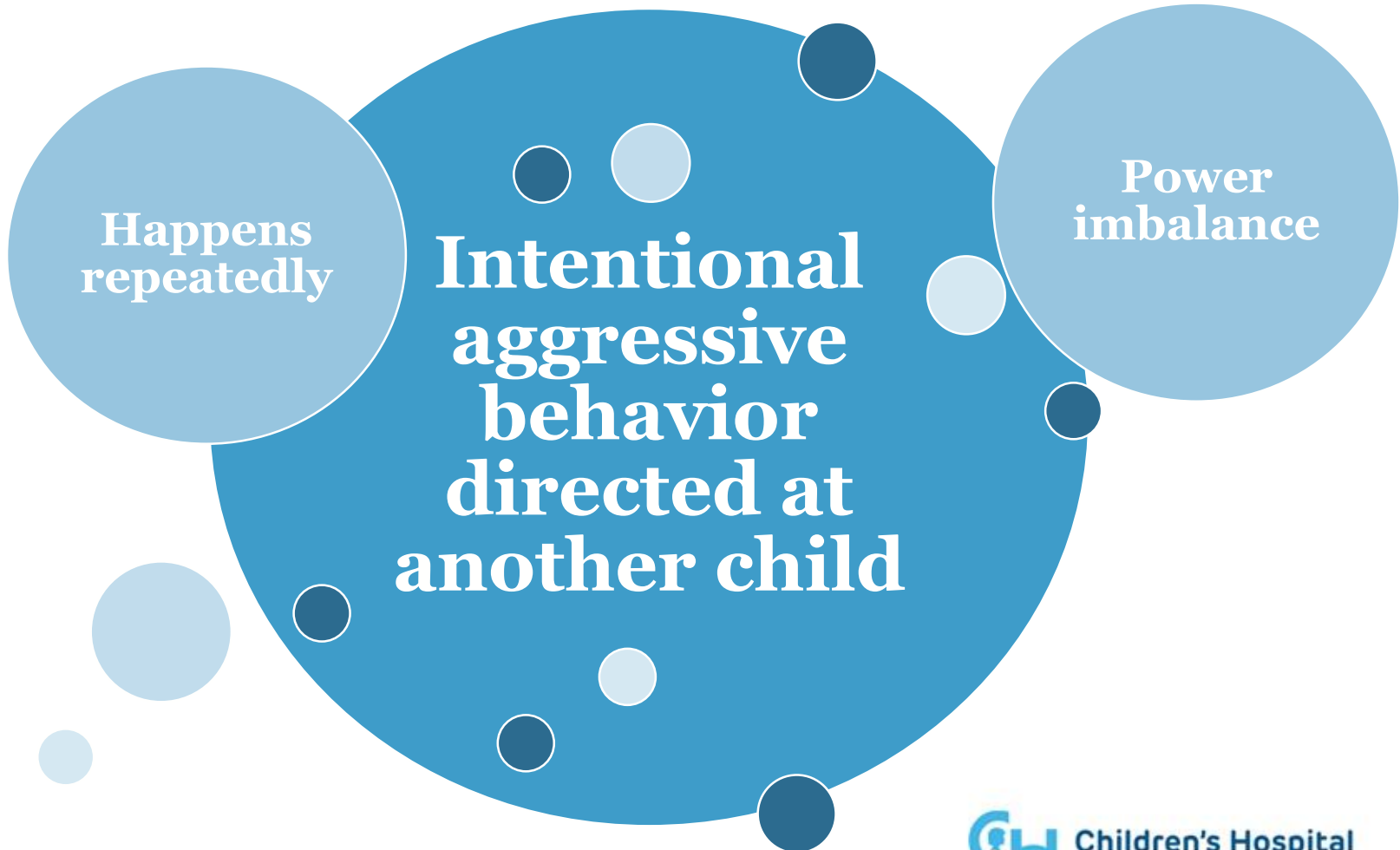
Friend to Friend Program



TODAY'S AGENDA

- Define Bullying
- Conflict vs. Bullying
- Types of Conflicts
- Notice How Your Child is Feeling
- How to Help
- What Does Your Child Need
- Keep Lines of Communication Open
- Key Takeaways

DEFINE BULLYING



CONFLICT VS BULLYING

CONFLICT

IS MEAN BEHAVIOR THAT...

- COMES OUT OF A DISAGREEMENT OR MISUNDERSTANDING
- HAPPENS 1 TIME OR EVERY SO OFTEN
- PART OF EVERYDAY LIFE
- NOT PRE-PLANNED

BULLYING

IS MEAN BEHAVIOR THAT IS...

- REPEATED
- ON PURPOSE
- RELATED TO DOMINANCE OR STATUS
- RELATED TO AN IMBALANCE OF POWER

TYPES OF CONFLICT

Physical

- Hitting, kicking, pushing, threatening
- Has a beginning and end
- More boys than girls use this form of aggression

Verbal

- Insults or mean words
- Said face to face
- Has a beginning and end
- Both boys and girls

MORE TYPES OF CONFLICT

Social

- Rumors
- Exclusions/leaving someone out
- Can be ongoing
- More girls than boys use this form of aggression
- Harder to identify

Cyber

- Social aggression carried out by text or online
- Aimed at hurting other kids' feelings, friendships, or reputation
- Via cell phone, computer, or video game

CASE EXAMPLE SCENARIO

Tyron accidentally bumps into James while they are standing in line. James says, “Watch where you’re going, stupid.” Tyron ignores him. Then as Tyron is walking back to his seat, James trips him and says, “I told you to watch where you’re going.” Tyron gets in James’ face and says, “You got a problem?” James says, “Yeah, you!” and pushes him.

They start to fight.

CASE EXAMPLE DISCUSSION

**Is this an example of
bullying or just conflict?**

Why?

CASE EXAMPLE CONCLUSION

This is just a conflict because to our knowledge this is the first time this has happened and when it is bullying it is done repeatedly.

WHAT IF YOUR CHILD IS OFTEN INVOLVED IN PEER CONFLICT?



NOTICE HOW YOUR CHILD IS FEELING:

- Sad, irritable, or angry
- Changes in eating or sleeping
- Headaches and stomach aches
- Avoiding school
- Declining grades
- Complaints about peers
- Complaints about lunch & recess



HOW TO HELP

- First, listen to your child—ask what happened and don't interrupt.
- Validate his or her feelings—let them know their feelings are okay!
- Offer love and support — “I care about you and I will help you figure this out.”
- When the time is right, you can correct him or her or teach him or her some strategies.

WHAT DOES YOUR CHILD NEED?

- Observe your child with siblings, friends, and classmates.
- What are your child's most common causes of conflict?
- Build your child's coping skills, based on the patterns you notice.

KEEP LINES OF COMMUNICATION OPEN

- Be a good listener
- Be non-judgmental
- Understand your child's social and school experiences



TAKEAWAY POINTS

Fighting is a strategy which sometimes works short-term but can and usually does escalate over time.

Building relationships with teachers and administrators and even your children's friends supports a problem-solving approach.

Getting a head start on building these relationships before something happens is the best prevention.

LEARN MORE

For additional information about Friend to Friend or to access more bullying prevention resources, please visit violence.chop.edu

Children's Hospital of Philadelphia
Center for Violence Prevention

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- Intimate Partner Violence Prevention
- Gun Safety
- Affiliated Programs

OUR MISSION

The mission of our Center is to reduce the exposure to and impact of violence among children, teens, and families. We conduct community-focused research and design innovative, evidence-based programs that are implemented, disseminated and sustained across clinical, school and neighborhood settings. Our work is trauma-informed and rooted in racial equity and social justice.