

# 为父母提供的欺凌信息

## Bullying Information for Parents

Bullying is the repeated behavior of someone who uses their power to control, scare or harm another person. Children who are bullied may become depressed and anxious. They may also have other physical and mental health problems, as well as problems with their schoolwork.

### Bullying Can Happen in Different Ways

Verbal ways include:

- Name calling or mean comments
- Making threats
- Making fun of someone's race, religion, sexual orientation, health needs or the way they look or talk
- Saying they will share hurtful information about them unless they do what they want

Physical ways include:

- Hitting, kicking, slapping, shoving or spitting
- Taking or damaging things
- Forcing someone to do something they do not want to do with the purpose of hurting them

Social ways include:

- Leaving someone out of activities
- Starting rumors or spreading gossip about someone
- Telling others not to be friends with someone
- Using hurtful nicknames for someone, even after being asked to stop

欺凌是指某人用自己的力量多次控制、恐吓或伤害他人的行为。遭受欺凌的儿童可能变得沮丧和焦虑。他们还可能面临其他身心健康问题及学业问题。

### 欺凌可包括多种形式

言语方面包括:

- 人身攻击或刻薄的评论
- 作出威胁
- 取笑某人的种族、宗教、性取向、健康需求或者其长相或说话方式
- 宣称除非某人按照欺凌者的意愿行事，否则将与他人分享会导致其受到伤害的信息

身体方面包括:

- 打、踢、扇耳光、推搡、吐沫
- 擅自取走或损坏物品
- 强迫某人做他/她不想做的事，并以此伤害他/她

社交方面包括

- 排挤某人
- 制造或散布关于某人的谣言或闲话
- 告诉他人不要和某人交友
- 用伤害性的昵称称呼某人（即使被要求停止这种行为）

Cyberbullying is bullying that takes place using digital devices like cell phones, computers and tablets. It may involve texting, email, sharing photos or videos, messaging or social media apps (like Facebook, Twitter, Instagram, Snapchat and YouTube).

## Teach Your Child About Bullying and Watch for Signs

- Read books or watch videos or movies about bullying with your child. This may help your child to know if they or others are being bullied.
- Practice what your child can do or say if someone tries to bully them or someone else.
  - It is best to ignore a bully, walk away and tell an adult.
  - It is not a good idea to fight back physically or with words.
- Watch your child's social media activities and accounts. Check their phone, computer or other devices.

## Ask Questions

Talk and carefully listen to your child. Ask questions that cannot be answered with just a "yes" or a "no," such as:

- Who did you eat lunch with at school?
- What do you think about the other children in your class?
- How did your clothes get dirty or torn?
- What happened to your money, books, toys, phone?
- What nicknames do other children have for you? Do you like this nickname?
- What happens when someone you see is picked on?

网络欺凌是指使用手机、电脑和平板电脑等数字设备进行的欺凌行为。它可能涉及短信、电子邮件、共享照片或视频、信息或社交媒体应用（如 Facebook、Twitter、Instagram、Snapchat 和 YouTube）。

## 教育您的孩子如何应对欺凌并留意相关迹象

- 与孩子一起阅读与欺凌相关的书籍，或者观看相关视频或电影。这可以帮助您的孩子知道他/她或其他人是否被欺凌。
- 如果某人试图欺凌您的孩子或其他人，应告知孩子相应的应对措施和应对话术。
  - 最佳应对方法是，无视欺凌者，离开并告知成年人。
  - 不建议通过身体或言语反击进行应对。
- 留意您孩子的社交媒体活动和账户。查看他/她的电话、电脑或其他设备。

## 提问题

与您的孩子交谈，并认真倾听。不要提出仅用“是”或“否”即可回答的封闭性问题，例如：

- 你在学校和谁一起吃午饭？
- 你对班上的其他孩子有什么看法？
- 你的衣服是怎么弄脏或撕破的？
- 你的钱、书、玩具、电话怎么了？
- 其他孩子给你起了什么绰号？你喜欢这个绰号吗？
- 当你看到某人被欺凌时，你会怎么做？

For older children, you might ask:

- How do you and your friends work out problems with other people?
- What types of things do you and your friends share on social media?
- Tell me about the friend groups (cliques) at your school?

## Signs a Child is Being Bullied

Physical signs:

- Clothes are dirty or torn
- Things are missing or broken
- Cuts, bruises or scratches they can't explain
- Headaches, stomachaches or physical problems with no medical reason

Changes at school:

- Acts out or has problems at school
- Will not take part in activities or follow directions
- Loses interest in doing schoolwork
- Does poorly in school all of a sudden

Social changes:

- Few or no friends, changes friend group or does not play with old friends
- Withdraws from friends and family
- Fears going to school or being around other children

Changes in how child acts:

- Moody, crying or has outbursts of emotion
- Has bad dreams and trouble sleeping
- Does not want to eat
- Talks about feeling hopeless, being worthless or suicide

如果孩子较大，您可能会问：

- 你和你的朋友如何解决与其他人的矛盾？
- 你和你的朋友在社交媒体上分享什么类型的内容？
- 和我说说你在学校的朋友圈吧？

## 孩子被欺凌的迹象

身体迹象：

- 衣服肮脏或被扯破
- 东西丢失或损坏
- 孩子无法解释的割伤、淤青或擦伤
- 非医学原因引起的头痛、胃痛或身体问题

上学时的变化：

- 在学校行为不当或出现问题
- 不参加活动或不听从指示
- 对做功课失去兴趣
- 突然学业退步

社交变化：

- 很少或没有朋友，更换朋友圈或者不与老朋友来往
- 避开朋友和家人
- 害怕上学或和其他孩子在一起

孩子行为方式的变化：

- 喜怒无常、哭泣或情绪爆发
- 做噩梦，难以入睡
- 食欲下降
- 谈论感到绝望、一文不值或自杀

## If your child is being bullied:

### Talk to Your Child:

- Tell your child bullying is never okay and praise them for telling you. Remind them that you need to know what is going on. It is your job to help and protect them.
- Tell your child that it is not their fault and they have a right to feel safe.
- Explain that it is NOT tattling to tell if someone does something to hurt or bother them or another person.
- Help your child to know who are the safe or trusted adults to go to.
- Talk with them about how to avoid places, if they can, where the bullying happens.
- Tell them to do activities near adults and other groups of people. Bullies tend not to act out around adults.
- Tell your child to use the “buddy system” so they are not alone.

### Work with Your School:

- If your child is being bullied at school or by another student outside of school, contact the school to report it. Include the teacher, school counselor and school principal. There are rules at school about bullying.

### Report it to Others:

- Report bullying when it happens through social media or websites to the computer experts who manage the site. They can remove the content, block users or delete accounts.
- Contact the bully’s parents, if possible. They may not know what their child is doing.
- For threats of physical harm or violence, contact the police.

## 如果您的孩子被欺凌:

### 与孩子交谈:

- 告诉孩子欺凌永远都是错误的行为，表扬他/她将这件事告知于您。提醒孩子您需要知道发生了什么。您有责任帮助和保护孩子。
- 告诉孩子这不是他/她的错，他/她有获得安全的权利。
- 向孩子解释如果有人做了伤害或打扰他/她或其他人的事，说出这件事不是告密。
- 让孩子知道可以向哪些安全或可靠的成年人求助。
- 和孩子谈谈如何避开发生欺凌行为的地方（如果能够避开）。
- 告诉孩子在成年人和其他人群附近活动。欺凌者往往不会在成年人面前行为不当。
- 告诉孩子与其他人结伴，避免独自一人。

### 与学校合作:

- 如果您的孩子在学校被欺凌或在校外被其他学生欺凌，请联系学校举报此事。包括联系老师、学校辅导员和校长。学校制定了关于欺凌的规定。

### 向其他人举报:

- 向专业的网站管理员举报通过社交媒体或网站进行的欺凌行为。他们可删除相关内容、阻止相关用户登录或删除其帐户
- 如有可能，联系欺凌者的父母。他们可能不知道自己的孩子在做什么。
- 如有人身伤害威胁或暴力威胁，请报警。

### Provide Support and Help:

- Think about counseling or therapy for your child if you see changes in how they are acting.
- If you feel that your child might try to harm themselves, go to the closest emergency department for help right away.

## Special Needs Children

When a child with special needs is bullied at school, by law, the school has to use an IEP (Individualized Education Program) plan to deal with it. The IEP should describe what your child can do if they think they are being bullied and what the school will do to take care of the problem. Set up a meeting with the school principal, teacher and counselor as soon as you can.

### 提供支持 and 帮助:

- 如果看到孩子行为方式发生改变, 可以考虑为他/她提供心理咨询或治疗。
- 如果您认为您的孩子可能试图伤害自己, 请立即前往最近的急诊科寻求帮助。

## 特殊儿童

当特殊儿童在学校受到欺凌时, 根据法律, 学校必须执行IEP(个别化教育计划)计划来作出应对。IEP应描述当您的孩子认为自己受到欺凌时, 他/她能做些什么, 以及学校采取哪些措施来解决问题。尽快与学校校长、老师和辅导员会面。