

Catholic Charities
**School Based Family
Support Program**

**BRINGING FAMILY, SCHOOL &
COMMUNITY TOGETHER
TO HELP CHILDREN**

For more information about the
Bullying Consultation Services for
Families or any of our many other
school-based programs contact:

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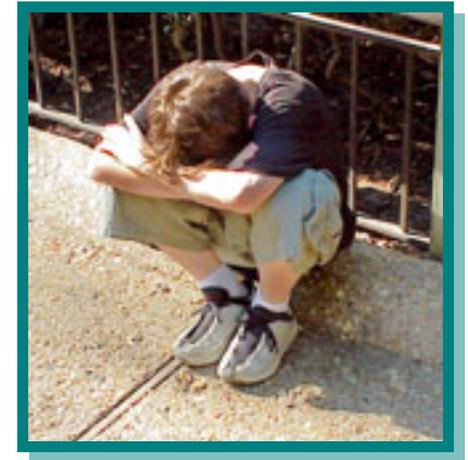
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Catholic Charities of the Diocese of Camden
provides a wide range of social services to the
residents of Atlantic, Camden, Cape May,
Cumberland, Gloucester and Salem Counties
on a non-discriminatory basis.

For more information visit
www.CatholicCharitiesCamden.org

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*Bullying
Consultation
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for Families*



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**RESOURCES FOR PARENTS
OF A BULLIED CHILD**

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of the
Diocese of Camden

The Need...

- ◆ Research conducted in the United States and Europe has documented that bullying is a common and potentially damaging form of violence among children.
- ◆ Bullying among children is commonly defined as intentional, repeated hurtful acts (i.e. hitting and kicking), hurtful words, or other behaviors such as name-calling, threatening, or shunning committed by one or more child against another.
- ◆ Recently, children have also started using computers and cell phones to hurt peers. This is known as cyberbullying.
- ◆ In addition to physical harm, learning often decreases, grades suffer and fear of peer aggression can result in absenteeism, truancy, or dropping out.
- ◆ The victim may lose or fail to develop self esteem, experience a sense of isolation, and become withdrawn and depressed.
- ◆ ***Youngsters who are bullied need help from adults***; it is unrealistic to expect them to resolve the problem independently.
- ◆ Researchers of bullying find it is often highly underreported possibly because of feelings of shame attached to being a victim, the fear that reporting will result in retaliation, or doubt that reporting to an adult will lead to effective assistance. *When children do tell someone, it is often a parent or a family member.*

Children need their parents' help...

- ◆ As parents, you naturally want and need to protect your children from harm, and bullying hurts children.
- ◆ However, sometimes it is hard to know **how** to help your child when he or she is being bullied.



- ◆ As parents, you may feel awkward, unprepared or intimidated when approaching the staff of your child's school. You know that the bullying must stop but may be unsure of the steps school staff can take to stop the behavior.

Catholic Charities provides consultation and advocacy services to parents looking for assistance helping their child who is being bullied.

We help you help your child...

- ◆ Our approach is based on the pioneering work of Dan Olweus from Norway and his American colleague, Stan Davis.
- ◆ Our staff will first meet with you as a family to conduct an assessment of the situation.
- ◆ We—our staff and your family—will develop an action plan to address how to approach the staff at your child's school and possible actions you as parents can request of the school to stop the bullying. We will also develop follow-up steps.
- ◆ You will receive practical information to help your child and resources to learn more about bullying prevention and intervention.



- ◆ Families will be asked to pay a fee for the assessment and consultation time. A sliding scale is available for families who may need a reduced fee.

FOR MORE INFORMATION CALL THE NUMBER ON THE BACK OF THIS BROCHURE.