

# Bear Wellness

*“Too much love never spoils children. Children become spoiled when we substitute presents for presence.”*

## *4 Steps to dealing with middle school bullying:*

*1. Create an Environment of hope  
Maintain high expectations for your life and share your goals and dreams with your child.*

*2. Teach Connectedness  
Teach a level of respect and understanding different pros and cons of personalities*

*3. Foster Kindness*

*4. Allow Vulnerability  
Be authentic and connect without fear:*

## *5 Ways kids can deal with bullying.*

### **1. Tell a trusted adult.**

Adults in positions of authority, like parents, teachers, or coaches, often can deal with bullying without the bully ever learning how they found out about it.

### **2. Ignore the bully and walk away.**

Bullies like to get a reaction. If you walk or ignore them, you're them that you don't care.

### **3. Practice confidence**

Practice ways to respond to bully verbally or through your behavior. Practice feeling good about yourself (even if you have to fake it first).

### **4. Talk about it**

It may help to talk to a guidance counselor, teacher, or friend- Anyone who can give you support you need. Talking can be a good outlet for fears and frustrations that build when you're being bullied.

### **5. Find your (true) friends**

If you've been bullied with rumors or gossip, tell your friends so that they can help you feel safe and secure. Avoid being alone, especially when the bullying is happening a lot.

