



**GRADES
4-5**

Timing

30 minutes

Materials

- **Tools for Support**
Family Handout
- **Help Your Child Understand the Impact to Being a Bystander to Bullying** article from www.dove.com/selfesteem

Bullying & Teasing and Their Effect on Body Confidence

STAND UP TO BULLYING

Did You Know?

Body image can be defined as a person's thoughts, feelings, and behaviors related to appearance. In other words, body image is how we view our bodies.¹ Many things can affect body image, including family, friends, and the media. Bullying and teasing increase negative body image. Research indicates that around 20% of students ages 12–18 report being bullied, many as a result of their appearance. Parents can help support their children by creating opportunities for empathy building and fostering conversations around positive body image to build self-confidence.

Activity Overview

In this activity, families will focus on experiences where they have been on the receiving end of bullying or teasing, and work to support student's ability to encourage others. Parents will share a negative experience they have had as a result of their appearance and engage in conversation that will help students understand how they should react if they experience or see bullying taking place.

¹ Cash & Pruzinsky, 1990; Cash & Smolak, 2011

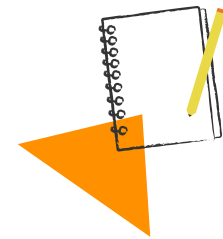
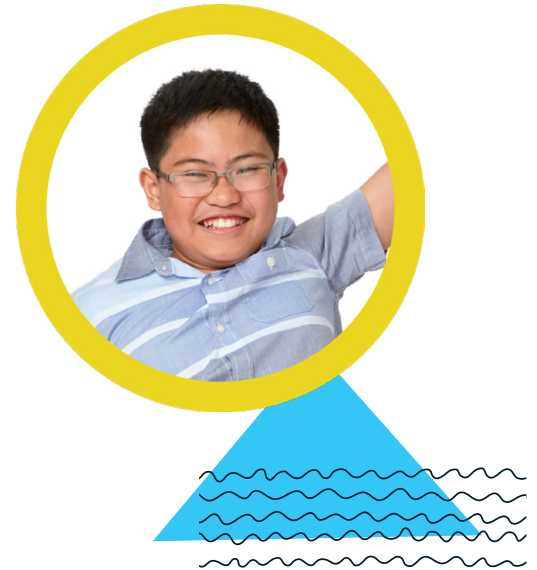
Learn & Grow Together

Discuss

As a family, share a time when you witnessed someone being teased because of their appearance, this may be a personal experience or one that you have witnessed in the past. When sharing, discuss how you think the person who was being teased felt about the experience. Why do you think people engage in bullying others about their appearance?

Do

- As a family, read the article **Help Your Child Understand the Impact to Being a Bystander to Bullying** (www.dove.com/selfesteem) article from Dove.
- After reading, discuss personal experiences of how they have been a bystander to bullying or how they felt when they were bullied and did not receive support from bystanders. It may be helpful to compare personal experience to examples in the article of how bystander bullying takes place.
- Using the **Tools for Support** handout discuss ways that your family can protect against the harmful impact of bullying and how members of your family can support others.
- To promote positivity and to combat bullying, ask your family members to take on the challenge of “30 days of Positivity.” Family members will write a short note each day to a friend or family member highlighting characteristics that they admire. *These examples should focus on positive actions or characteristics that are not related to appearance.*



Tools for Support

Recommendations for when your child *experiences* bullying

- Help your child understand that the things a bully picks on are usually things that they are jealous of or lacking in themselves .
- Encourage your child to share traits and characteristics about themselves that they feel confident in and that they are proud of.
- Reinforce their sense of self-worth by complementing specific characteristics. Focus on the actions, skills, and personality rather than physical features.
- Encourage your son or daughter to discuss their feelings with friends so they do not feel alone.
- Talk to your child about qualities that make a good friend. Encourage them to focus on traits beyond appearances.

Recommendations for when your child *witnesses* bullying

- If your child sees bullying, help them understand that their actions can make a difference in supporting their peers.
- Explain that bullies are cowards, so standing up to them is often effective. If a victim can't stand up for themselves, someone else who's prepared to take that risk could make all the difference.
- Explain that witnessing by bullying and remaining a bystander only encourages the bullying to continue. It will take a lot of courage but will be worth it to support someone in need.
- Talk to your child about what they should, could, or would do if they became aware of bullying or teasing in their social circle. If they're not directly involved, their instinct might be to sit tight and do nothing. Explain the importance of being assertive when they know something isn't "right."
- Tell your child how awesome they are.
- Help them identify a supportive group of friend.

For more resources on supporting your son or daughter with issues on bullying, please visit www.dove.com/selfesteem.

