

## What can parents do?

- Be positive.
- Model respectful behavior.
- Create an open dialogue with your child and listen.
- Talk to your child about your expectations for their behavior.
- Examine what messages you are sending to your child about violence and aggression.
- Get to know your child's friends and reinforce the qualities of a good friend.
- Teach your child to express his/her feelings maturely.
- Monitor your child's online activity including: e-mails, instant messaging, text messaging, web pages, and social networking sites.
- Monitor exposure to violence through TV, movie, video, and computer games.
- Notify school personnel if your child is going through a difficult time.



## What is CCMS doing?

Code of Conduct  
Character Education  
Grade assemblies  
Classroom presentations  
Group and individual counseling  
Mediation

*"Change your thoughts and you change your world."*

*Norman Vincent Peale*



## Parent Resources

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

[www.adl.org/combatbullying](http://www.adl.org/combatbullying)

[www.wiredsafety.org](http://www.wiredsafety.org)

[www.pacer.org/bullying](http://www.pacer.org/bullying)



## Cornwall Central Middle School

122 Main St.

Cornwall, NY 12518

**Guidance & Counseling Center**

**845-534-8009 x 4012**

*"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself."*

*Harvey Fierstein*

## Middle School Children

Middle school children are in the process of transitioning from childhood to adolescence. They vary in size and levels of maturity. Their social skills are raw and developing. Sometimes they don't make the right decisions in their interactions with peers or adults. Middle school students can also be emotionally sensitive as they balance their own physical changes, friendships and academic studies.



Middle School children are all trying to figure out how to:

- get along,
- fit in,
- assert themselves,
- problem solve,
- express their feelings appropriately,
- cope with disappointments and expectations.

This is a lot for children to deal with. Sometimes, they make mistakes.

**Adults need to help them with their struggles.**

## What is bullying?

### ***Bullying is...***

Bullying is defined as physical, verbal, and psychological abuse that is **repeatedly** done with the intent to cause harm. This can occur face to face or through communication technologies (cyberbullying).

### ***Bullying is NOT .....***

- an occasional fight or teasing with a friend,
- typical conflicts between students,
- the target's fault.

At CCMS, our goal is to eliminate behaviors such as teasing, name-calling, put-downs, pushing, shoving, exclusion, etc. These behaviors are hurtful and unacceptable regardless of the intent.

**The elimination of bullying behaviors is a process. It begins at home and continues throughout our school community.**

Adults at home, at school, and in our community need to help children develop empathy, respect, and acceptance of others. Children also need to learn how to resolve conflicts appropriately.

## What can adults do?

### ***Help children .....***

- be the voice of reason and encourage kindness.
- be a friend to those that need one.
- disagree with others in a respectful way.
- stay away from people who bully or tease others.
- respect differences. Your child does not have to think and act as all of his/her friends do.
- accept responsibility when he/she makes a mistake.

### ***What advice can adults give children when bullying or teasing occurs?***

- Say STOP.
- Don't bully or tease back.
- Don't be a bystander...  
...SAY SOMETHING.
- Tell an adult.
- Refuse to join in.
- Refuse to watch.
- Be a friend to a person being bullied or teased.