



Episode 17, “Bullying”

Basics of Bullying :

- Unsure of [what bullying actually is](#)? Read about it from the Long Island Coalition Against Bullying
- Check out the [basics of bullying](#) from the Kid’s Mental Health Foundation
- Want to know about [programs and information about bullying](#)? Look into (Youth Enrichment Services (YES)).

Resources for Parents :

- Check out the [Cornell Cooperative](#) and [EAC Network Parenting Support Information!](#)
- Read about the [Cornell Cooperative Guiding Good Choices Informational Sessions](#)
- Watch some videos about [socioemotional learning and bullying](#) from SEL Sketches!

Books to Read and further Resource:

- [*The Bully, the Bullied, and the Bystander: From Preschool to High School--How Parents and Teachers Can Help Break the Cycle*](#) by Barbara Coloroso
- Watch the video [#Rethinkbullying: Every Teen Needs to Hear This](#)
- Read [The Anxious Generation](#) by Jonathan Haidt

Time Stamps:

0:01 – Introduction

5:25 – Impact of social media on bullying

9:50 – Steps to protect children from online bullying

11:15 – What to do if your child is the bully

22:40 – What to say to your child if they're witnessing bullying

24:21 – Telling vs tattling

30:20 - Addressing both the bully and the bullied

32:40 – Tips for parents on how to help their children help themselves

38:31 – How to approach your child when they refuse to go to school, activities, etc.

42:00 – Dealing with the 'after'