



# 10 Top Tips for Empowering the Child

BY MRS. MILLER, MS. ED

Your elementary-aged child came home from school crying. It sounds like an painful case of classic bullying. Here are some useful tips you can use for immediate impact.

## What works:

### At Recess:

- 1 Play or stand with other children — near the teachers who are on recess duty.
- 2 Join a game with classmates who are friendly.
- 3 Walk away from kids who are teasing you, walk in the direction of teachers.

### At Lunch:

- 4 Sit within eyesight of the teacher.
- 5 Sit with friends.



### In General:

- 6 Stand or sit straight and tall, with your head held high and shoulders back, rather than slouched.
- 7 If someone insults or embarrasses you, look disinterested.
- 8 Tell an adult who can help you.



### On the bus or walking to/from school:

- 9 Sit with friends near the front within eyesight of the driver.
- 10 If you walk home, walk with two or more friends or with older friends.

Here are some answers to respond, but be sure to walk away after you say it!:

- “Don’t do that”
- “Don’t say that to me.”
- “Really? I didn’t know that.”
- “Good to know.”
- “That’s ridiculous/silly/dumb.”
- “Amazing!”
- “Stop!”
- “It’s not OK.”



## What doesn’t work:

- 1 Standing alone at recess, or while waiting for the bus, sitting in the corner of the lunchroom or lunch table.
- 2 Slouching, looking sad.
- 3 Insulting back: For example, if someone says : “Your glasses look weird.” Don’t say back, “Well, your glasses also look weird.” That will prompt more insults. (Look disinterested, or use one of the responses above, walk away - towards adults.)
- 4 Debating: For example if someone says: You are dumb. Don’t say back, “No I’m not.” And don’t make a face at them. That will prompt more insults (Look disinterested or use one of the responses above, walk away - towards adults)

*Kids who bully often do it to have “fun” at someone else’s expense. That’s why the best approach is to look disinterested and walk away - towards adults.*

## Ready for some magic?

845.641.3675 • info@myteammagic.com  
myteammagic.com