

# Bullying Prevention: Early & Elementary School Years



# Understanding & Naming Bullying



## What Is Bullying?

Bullying is when someone is hurting another person **on purpose** — and it keeps happening. It's different from a simple disagreement between kids.



## Conflict vs. Bullying

Conflict is when two kids disagree. Use simple language to help your child understand the difference early on.



## Phrases to Use

"It's not okay to leave someone out or call them names to feel in charge." Even jokes that hurt — matter.

# Building Empathy & Modeling Kindness



## Model Kindness Daily

Kids watch everything you say and do. Show them what kindness looks like in everyday moments.



## Kind + Boundaried

"You can be kind without being best friends." Reinforce kindness while also upholding healthy limits.



## No Need to Pick Sides

Teach kids they can walk away, speak up, or get help — without choosing a side.



## Telling = Smart, Not Tattling

Reinforce that telling a trusted adult is **not** tattling — it's being smart and knowing how to problem-solve.



## You Don't Have to Laugh

"You don't have to laugh if it doesn't feel funny." Help kids trust their own feelings about what's okay.

# Responding, Practicing & Staying Connected



## Role-Play Real Scenarios

Practice what to say if someone says "You can't sit with us." Try: "That hurts my feelings" or "There's enough room for everyone." Confidence comes from practicing ahead of time.



## Connect with Teachers Early

Talk to your child's teacher **before** anything goes wrong. Ask how your child is doing socially — especially at lunch and recess.



## Name Trusted Adults Everywhere

Help your child identify safe adults in all the places they spend time — a coach, bus driver, or family friend. A strong network keeps kids safe and supported.



## Watch for Warning Signs

If your child starts avoiding school or shows a pattern of stomachaches or headaches, check in — especially about friendships and social situations.



## Keep the Conversation Open

Ask: "What made you feel proud today?" or "Was anything uncomfortable?" Create everyday chats about feelings — not just schoolwork.

# You Shape How They Treat Others



## They're Watching You

How you speak to others, set limits, and resolve conflict all shape how your child treats people — those small moments add up.



## Can't Force a Talk

If your child isn't the type to share, that's okay. You can't force conversation — but keep an eye on their mood and behavior over time.



## Stay in the Loop

Connect with other parents and teachers regularly. Staying informed is one of the most powerful ways to protect your child.



## Always Safe to Speak Up

Remind your child: they're **never** tattling if someone is being hurt. They're doing the right thing by getting help.



## Reach Out

Check out the companion content for more information, and reach out to Dr. Sisniegas at Ollie with any questions about this topic.

# References & Resources

- References: American Academy of Pediatrics (AAP), Centers for Disease Control and Prevention (CDC), Children's Hospital of Philadelphia, Children's Hospital Colorado, Boston Children's Hospital, StopBullying.gov.