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Psychological Health Roanoke PC

Advantage EAP

Employee Assistance Program

September 2010

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Advantage EAP offers expanded hours in the New River Valley!!!

As of May 5th, 2010, Advantage EAP has added additional hours in Radford at 22 Montgomery Street. Call 1-800-699-9396

Online Resources may be found at the bottom of this newsletter.

It's that time again: Back-to-School!

As your students head back to the classroom, it's important that as a parent you be aware of many different aspects that may affect your child. One important issue to be aware of is bullying. Unfortunately, bullying has become an increasing frequent issue in our schools today, so as parents it's vital that you understand not only how to handle the bullying situation properly, but also knowing the school's policies regarding the issue.

Types of Bullying[1]

It's crucial to know that bullying isn't always physical. There are many types of bullying that your child may encounter.

Bullying includes:

- Physical contact
- Racial abuse
- Verbal abuse
- Cyber-bulling
- Taunting

Bullying can often be difficult to detect, so talking to your child can play an essential part in helping to identify if there is a problem. Bullying may affect a child's attitude towards school, behavior and interaction with others.

How can parents' help[2]?

While no parent can "bully-proof" their child, there are some important steps parents can take to help reduce the risk of their child being bullied. It's vital as parents to remember that if bullying does occur, it is best that parents and the

Locations:

2727 Electric Road, Ste 100
Roanoke, VA 24018

200 Professional Park Drive
Unit 1
Blacksburg, VA 24060

Alleghany Regional Hospital
1 ARH Lane, Room 529
Low Moor, VA 24457

22 Montgomery Street
Radford, VA 24141

Contact Us:

Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned

school (teachers, counselors, principal, etc.) work together to help tackle the situation.

The following offers important ways parents can play a part:

- Help your child acquire good interpersonal skills, specifically making friends and stressing situations may be important to act assertively (such as telling an adult if they are being bullied)
- Support your child if they do indeed become involved in bully difficulties. Work collaboratively with the school to solve the situation.
- Make sure you know, and try to be involved, in your child's school bullying process and policies.

Facing a Bully[3]

Bullying prevention skills can be extremely helpful in helping your child deal with bullying. Skills can be best learned through practice, such as role-plays. The "Kidpower" approach offers some great means to help deal with situations in a positive step-by-step manner. The following are some tips on ways to help deal with a bullying situation:

- Walk with awareness, calm and confidence- help your child learn how to be successful. Confidence can help your child to learn when it's important to walk away from a situation when they are being faced with a bully. Teach your child the difference between confidence and being aggressive.
- Leave situations in a powerful, positive way- help coach your child in situations that they can veer around a bully. Remind your child to leave with awareness, calm and confidence, and in a positive manner.
- Set a boundary- help your child to learn their self-space and explain to them that no one should get in that space. If a bully does get in their self-space it's important to tell an adult in charge.
- Speak up to include everyone- help prevent exclusion (a type of bullying) by helping your child realize that it's important to include everyone.
- Learn how to face name-calling- while name-calling can be extremely hurtful, helping your kids to stand up in a positive manner can be helpful. For example, if

someone tells your child they don't like them, have them respond with something positive like "I like myself".

- Be persistent in getting help- getting help may require that your child know who to tell such as parents and teachers. Make sure your child knows that they may have to let several sources know the situation going on.

Advantage EAP has a number of clinicians on staff that can help your child or teenager if they are being bullied. Please call us.

Each situation is different, and as a parent you know what's best for your child. Contacting your EAP is one source that can help you figure out various options available to you and your family.

Advantage EAP is a benefit provided by your employer. There are counselors with Advantage EAP who have the training and experience to help with a variety of issues. Please contact your Advantage EAP at:

(540) 989-6605 or 800-699-9396
Or visit our website at: www.psychhealthroanoke.com

Or our Blog at: http://psychhealthroanoke.blogspot.com/

Resources from this newsletter:

1) **Law and Parents:** http://www.lawandparents.co.uk/steps-that-schools-take-against-bullying.html
2) **Bullying in Schools:** http://www.kenrigby.net/
3) **Face a Bully with Confidence:** http://www.kidpower.org/resources/articles/prevent-bullying.html?gclid=CJuvy4LV66MCFcOs7QodkH-h3A