

# 為父母提供的欺凌資訊

## Bullying Information for Parents

Bullying is the repeated behavior of someone who uses their power to control, scare or harm another person. Children who are bullied may become depressed and anxious. They may also have other physical and mental health problems, as well as problems with their schoolwork.

### Bullying Can Happen in Different Ways

Verbal ways include:

- Name calling or mean comments
- Making threats
- Making fun of someone's race, religion, sexual orientation, health needs or the way they look or talk
- Saying they will share hurtful information about them unless they do what they want

Physical ways include:

- Hitting, kicking, slapping, shoving or spitting
- Taking or damaging things
- Forcing someone to do something they do not want to do with the purpose of hurting them

Social ways include:

- Leaving someone out of activities
- Starting rumors or spreading gossip about someone
- Telling others not to be friends with someone
- Using hurtful nicknames for someone, even after being asked to stop

欺凌是指某人用自己的力量多次控制、恐嚇或傷害他人的行為。遭受欺凌的兒童可能變得沮喪和焦慮。他們還可能面臨其他身心健康問題及學業問題。

### 欺凌可包括多種形式

言語方面包括：

- 人身攻擊或刻薄的評論
- 作出威脅
- 取笑某人的種族、宗教、性取向、健康需求或者其長相或說話方式
- 宣稱除非某人按照欺凌者的意願行事，否則將與他人分享會導致其受到傷害的資訊

身體方面包括：

- 打、踢、扇耳光、推搡、吐沫
- 擅自取走或損壞物品
- 強迫某人做他/她不想做的事，並以此傷害他/她

社交方面包括

- 排擠某人
- 製造或散佈關於某人的謠言或閒話
- 告訴他人不要和某人交友
- 用傷害性的暱稱稱呼某人（即使被要求停止這種行為）

Cyberbullying is bullying that takes place using digital devices like cell phones, computers and tablets. It may involve texting, email, sharing photos or videos, messaging or social media apps (like Facebook, Twitter, Instagram, Snapchat and YouTube).

## Teach Your Child About Bullying and Watch for Signs

- Read books or watch videos or movies about bullying with your child. This may help your child to know if they or others are being bullied.
- Practice what your child can do or say if someone tries to bully them or someone else.
  - It is best to ignore a bully, walk away and tell an adult.
  - It is not a good idea to fight back physically or with words.
- Watch your child's social media activities and accounts. Check their phone, computer or other devices.

## Ask Questions

Talk and carefully listen to your child. Ask questions that cannot be answered with just a "yes" or a "no," such as:

- Who did you eat lunch with at school?
- What do you think about the other children in your class?
- How did your clothes get dirty or torn?
- What happened to your money, books, toys, phone?
- What nicknames do other children have for you? Do you like this nickname?
- What happens when someone you see is picked on?

網絡欺凌是指使用手機、電腦和平板電腦等數字設備進行的欺凌行為。它可能涉及短訊、電郵、共享照片或視頻、訊息或社交媒體應用（如 Facebook、Twitter、Instagram、Snapchat 和 YouTube）。

## 教育您的孩子如何應對欺凌並留意相關跡象

- 與孩子一起閱讀與欺凌相關的書籍，或者觀看相關視頻或電影。這可以幫助您的孩子知道他/她或其他人是否被欺凌。
- 如果某人試圖欺凌您的孩子或其他人，應告知孩子相應的應對措施和應對話術。
  - 最佳應對方法是，無視欺凌者，走開並告知成年人。
  - 不建議通過身體或言語反擊進行應對。
- 留意您孩子的社交媒體活動和賬戶。查看他/她的電話、電腦或其他設備。

## 提問題

與您的孩子交談，並認真傾聽。不要提出僅用“是”或“否”即可回答的封閉性問題，例如：

- 你在學校和誰一起吃午飯？
- 你對班上的其他孩子有什麼看法？
- 你的衣服是怎麼弄髒或撕破的？
- 你的錢、書、玩具、電話怎麼了？
- 其他孩子給你起了什麼綽號？你喜歡這個綽號嗎？
- 當你看到某人被欺凌時，你會怎麼做？

For older children, you might ask:

- How do you and your friends work out problems with other people?
- What types of things do you and your friends share on social media?
- Tell me about the friend groups (cliques) at your school?

## Signs a Child is Being Bullied

Physical signs:

- Clothes are dirty or torn
- Things are missing or broken
- Cuts, bruises or scratches they can't explain
- Headaches, stomachaches or physical problems with no medical reason

Changes at school:

- Acts out or has problems at school
- Will not take part in activities or follow directions
- Loses interest in doing schoolwork
- Does poorly in school all of a sudden

Social changes:

- Few or no friends, changes friend group or does not play with old friends
- Withdraws from friends and family
- Fears going to school or being around other children

Changes in how child acts:

- Moody, crying or has outbursts of emotion
- Has bad dreams and trouble sleeping
- Does not want to eat
- Talks about feeling hopeless, being worthless or suicide

如果孩子較大，您可能會問：

- 你和你的朋友如何解決與其他人的矛盾？
- 你和你的朋友在社交媒體上分享什麼類型的內容？
- 和我說說你在學校的朋友圈吧？

## 孩子被欺凌的跡象

身體跡象：

- 衣服骯髒或被扯破
- 東西丟失或損壞
- 孩子無法解釋的割傷、淤青或擦傷
- 非醫學原因引起的頭痛、胃痛或身體問題

上學時的變化：

- 在學校行為不當或出現問題
- 不參加活動或不聽從指示
- 對做功課失去興趣
- 突然學業退步

社交變化：

- 很少或沒有朋友，更換朋友圈或者不與老朋友來往
- 避開朋友和家人
- 害怕上學或和其他孩子在一起

孩子行為方式的變化：

- 喜怒無常、哭泣或情緒爆發
- 做噩夢，難以入睡
- 食慾下降
- 談論感到絕望、一文不值或自殺

## If your child is being bullied:

### Talk to Your Child:

- Tell your child bullying is never okay and praise them for telling you. Remind them that you need to know what is going on. It is your job to help and protect them.
- Tell your child that it is not their fault and they have a right to feel safe.
- Explain that it is NOT tattling to tell if someone does something to hurt or bother them or another person.
- Help your child to know who are the safe or trusted adults to go to.
- Talk with them about how to avoid places, if they can, where the bullying happens.
- Tell them to do activities near adults and other groups of people. Bullies tend not to act out around adults.
- Tell your child to use the “buddy system” so they are not alone.

### Work with Your School:

- If your child is being bullied at school or by another student outside of school, contact the school to report it. Include the teacher, school counselor and school principal. There are rules at school about bullying.

### Report it to Others:

- Report bullying when it happens through social media or websites to the computer experts who manage the site. They can remove the content, block users or delete accounts.
- Contact the bully’s parents, if possible. They may not know what their child is doing.
- For threats of physical harm or violence, contact the police.

## 如果您的孩子被欺凌:

### 與孩子交談:

- 告訴孩子欺凌永遠都是錯誤的行為，表揚他/她將這件事告知於您。提醒孩子您要知道發生了什麼。您有責任幫助和保護孩子。
- 告訴孩子這不是他/她的錯，他/她有獲得安全的權利。
- 向孩子解釋如果有人做了傷害或打擾他/她或其他人的事，說出這件事**不是**告密。
- 讓孩子知道可以向哪些安全或可靠的成年人求助。
- 和孩子談談如何避開發生欺凌行為的地方（如果能夠避開）。
- 告訴孩子在成年人和其他人羣附近活動。欺凌者往往不會在成年人面前行為不當。
- 告訴孩子與其他結伴，避免獨自一人。

### 與學校合作:

- 如果您的孩子在學校被欺凌或在校外被其他學生欺凌，請聯絡學校舉報此事。包括聯絡老師、學校輔導員和校長。學校制定了關於欺凌的規定。

### 向其他人舉報:

- 向專業的網站管理員舉報通過社交媒體或網站進行的欺凌行為。他們可刪除相關內容、阻止相關用戶登錄或刪除其帳戶
- 如有可能，聯絡欺凌者的父母。他們可能不知道自己的孩子在做什麼。
- 如有人身傷害威脅或暴力威脅，請報警。

### Provide Support and Help:

- Think about counseling or therapy for your child if you see changes in how they are acting.
- If you feel that your child might try to harm themselves, go to the closest emergency department for help right away.

## Special Needs Children

When a child with special needs is bullied at school, by law, the school has to use an IEP (Individualized Education Program) plan to deal with it. The IEP should describe what your child can do if they think they are being bullied and what the school will do to take care of the problem. Set up a meeting with the school principal, teacher and counselor as soon as you can.

### 提供支持 and 幫助:

- 如果看到孩子行為方式發生改變，可以考慮為他/她提供心理諮詢或治療。
- 如果您認為您的孩子可能試圖傷害自己，請立即前往最近的急診科尋求幫助。

## 特殊兒童

當特殊兒童在學校受到欺凌時，根據法律，學校必須執行IEP（個別化教育計劃）計劃來作出應對。IEP 應描述當您的孩子認為自己受到欺凌時，他/她能做些什麼，以及學校採取哪些措施來解決問題。儘快與學校校長、老師和輔導員會面。