

Parenting: Protecting Children From Bullies

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Bullies have been around for ages and most people have a hard time knowing how to handle these situations. Manhasset Public Library hosted a seminar on bullying for

parents this week. "What Adults Need to Know about Bullying" is part of a Power of Parenting educational series at the library sponsored by Manhasset Coalition Against Substance Abuse (CASA) and Senator Jack Martins.

Cathy Samuels, project director from Manhasset CASA, said the

program "provides parents with the skills and insight to talk to their kids and raise topics with their kids to help them grow up to be healthy and responsible youth."

Tim Jahn, senior program educator from Cornell University, led the discussion. "There are normal levels of conduct that aren't bullying: teasing, arguing, and concerns related to rules and fairness," said Jahn. "Parents need to accept their child will need to deal with normal disagreements. A disagreement between two equally matched kids is not bullying."

Bullying usually peaks in middle school, but it can happen earlier or later. Jahn outlined the characteristics of bullying. "Intent to harm, isolation, duration, escalation, terror and imbalance of power," said Jahn. A bully usually has power and followers, but a bully can be popular or unpopular. Jahn talked about bullies, victims and bystanders. "We need to change the culture of cruelty in our society," said Jahn. "Victims can be friendless and bystanders get desensitized to the victim."

No one has empathy for the victim," Jahn stressed parents need to "instill a moral compass in their kids so



Tim Jahn was the featured speaker who led the bullying seminar.

they know it's not okay to stand by and watch bullying." Five types of bullying behavior Jahn outlined are physical, verbal, relational, sexual and cyber-bullying.

The next upcoming seminar in the series is "Raising Confident & Healthy Girls" on April 29.

For registration and upcoming seminars, go to Manhasset CASA's website at www.manhassetcasa.org.



Tim Jahn, Library Director Maggie Gough and CASA Project Director Cathy Samuels

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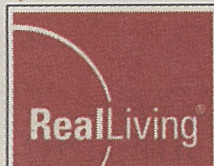


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