

# METRO WEST TRIPLE P PRACTITIONERS NEWS

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is

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## DEAR PRACTITIONER,

Welcome to the May 2016 edition of our Triple P Newsletter.

In this edition of the newsletter we will be exploring the issue of childhood bullying. We will discuss what is bullying and how to help the child who is being affected.

We will also discuss the connections being made between parenting and bullying. Did you know that researchers are alleging that certain parenting styles may **increase** the chance that a child is bullied? At the back of this newsletter we have discussed one such research paper. If you are interested in these connections, this article by Ken Rigby, may be of interest to you: [“Bullying Schools and it’s Relation to Family Life.”](#)

Our next Triple P Facilitator’s Network Meeting will focus on working with families who have a child with an **Autism Spectrum Disorder**.

**Date:** Wed July 20, 2016.

**Time:** 2-4pm

**Location:** TBA

We will notify of further details of the meeting, as they come to light. Otherwise, please save the date and enjoy the issue of ‘Metro West Triple P Practitioner News’

## 2016 TRAINING EVENTS FOR TRIPLE P PRACTITIONERS

### Cultural Competence when working with People from Refugee Backgrounds

**Date:** Thurs, June 15, 2016

**Time:** 8.45am-4pm

**Venue:** Lily’s Function Centre Seven Hills

[Click Here to Register](#)

This workshop will give a greater awareness of the key factors which impact on client worker interactions such as one’s world view, privilege, bias, and representation. You will come away with knowledge of the socio-political contexts of the main countries of origin of refugees coming to Australia and how culture, identity and meaning are impacted by traumatic experiences, resettlement, interacting with the host culture and the Australian service provision context.

## BULLYING: HOW TO HELP

We're half way through the 2016 school year. By now many parents, and children, have concerns about friendships and bullying. Bullying affects kids of all ages. However, it is more prevalent in primary schools than secondary schools, and research shows that it reaches peak around year 4 - that is age 8 or 9 years<sup>1</sup>. So for those of us who work with young children and families with young children - bullying is a pertinent issue.

### What is Bullying?

Children tease each other all the time and they have squabbles. Bullying, however is the repeated oppression of one child by another child or group of children<sup>1</sup>. Bullying is about the lack of power. The child subjected to the behaviour/ actions feels powerless to stop the teasing or physical abuse<sup>1</sup>.

On the surface it may look like 'just teasing.' However, if a child is being teased over and over again, or if the child is repeatedly left out of games or activities - then it is bullying<sup>3</sup>.

### How do you know if a child is being bullied?

Not all children will tell an adult that they are being bullied. Research suggests that up to 20 per cent of bullying goes unreported.<sup>1</sup> So it is important to keep an 'eye out' for any outward changes in the child's social and/or emotional behavior.<sup>2</sup>

- **Physical signs** - there may be bruises, or torn clothing or they may start sleeping poorly or wetting the bed. They may ask for money more frequently<sup>1,2</sup>
- **Behavioral changes in the way interact with school or preschool** - suddenly they may not want to go, or they may stop participating in activities, stay close to the teachers during break time or their school work/ homework may deteriorate rapidly<sup>1,2</sup>.
- **Emotional signs** - your child may be more anxious, more nervous, or secretive. He or she may be quick to anger or very unhappy at the end of the weekend or holiday<sup>1,2</sup>. Children may find it hard to talk about what is happening to them— they may not have the language skills or they may feel ashamed. Sometimes, children may also be reluctant to talk about their situation because they are afraid that it may make things worse<sup>1,2,3</sup>

### What can be done?

Children shouldn't be left alone to handle the bullying alone. They need adult help. One of the best ways to help them is to talk about the situation.

- **Listen to their story** - children need someone to believe their story. You need some wisdom and listen to your instincts to differentiate between tattle telling and actual bullying. Also, you need avoid confronting the bullies - It may escalate matters<sup>1</sup>.



Continued...

## BULLYING: HOW TO HELP

• **Acknowledge their Feelings** - Before any further actions can be taken, a child who is being bullied needs to have the opportunity to talk about their feelings and have them validated and recognised as normal. <sup>1,2</sup>

• **Collect all the Facts** - You need a clear picture of what happens. In particular, who is involved, when it happens and how often it happens. An accurate picture will help you stay objective and give you an idea of what strategies to use to help your child cope <sup>1,2,3</sup>.

• **Help them develop strategies to Cope** - There are several strategies that you can work through with your child to help them cope with the bullying, reduce its impact and possibly stop it altogether. Some ideas are:

⇒ Avoidance strategies such as staying away from certain areas of the school grounds and/ or always hanging out with a friend/ not being alone.

⇒ Role playing non-aggressive come back lines at home, to use with the bully

⇒ Build their self esteem through your words and actions that they are capable.

⇒ Build up their support networks- children with a group of friends are less likely to be bullied. Look for ways to help them build their friendship networks <sup>1,2</sup>.

• **Get the School Involved** - If your child is having little success working through the problem themselves, then getting the school involved is an important step forward. The aim of working with school is to look for a solution— not to appropriate blame. It will take time and may require further actions on your behalf or your child. <sup>1,2,3</sup>

Being subjected to bullying is very distressing for a child. However, with the right support and encouragement many children do overcome this incidence in their lives.



## References

1. Grose Michael (2016) "Bullying," *Parenting Ideas*, <http://www.parentingideas.com.au/Parents/Bullying>. Accessed 30/3/2016,
2. Raising Children Network (2016), "Bullying: How to spot it," *School Issues*, raising children.net.au. Accessed 29/3/2016.
3. QLD Department of Education and Training (2016), "The facts about bullying," *Bullying No Way!*, <http://www.bullyingnoway.gov.au/teachers/facts/what-is-bullying-videos.html>. Accessed 06/04/2016.

## TRIPLE P RESEARCH SNAP SHOT: PARENTING PRACTICES, CHILDREN'S PEER RELATIONSHIPS & BEING BULLIED AT SCHOOL

*"Parenting Practices, Children's Peer Relationships and Being Bullied at School" is a study conducted by Healy, K.L., Sanders, M.R., and Iyer, A., The study examined the role parenting practices played in increasing the risk that children were bullied at school. Read the full article [here](#).*

The study found that children who are bullied are parented differently to children who are not bullied. In particular, compared to parents of non-bullied children, these parents

- Demonstrated **lower levels of warmth** and responsiveness towards their child/ren
- They were **more directive/ controlling** towards their child/ren, to the point that the child/ren may not learn independence.
- They were also **more likely to be overprotective** of their child/ren. This may, also be seen as a consequence of their child being victimized.

Conversely, the researchers found that parenting which is warm and not overly controlling may protect children against bullying. . They also found that that warm relationships between siblings and positive home atmosphere mitigated the emotional and behavioural consequences of being bullied.

*Further research articles about Triple P can be accessed [here](#).  
(Including free access to full articles).*

## Healing Forward Conference Trauma, Recovery and Wellbeing

This two day conference will focus on trauma informed and person-centred practice. Showcasing flexible innovative responses, that support recovery orientated approaches for people living with mental health issues.

This conference is for all community workers , allied health and education professionals as well as consumers and carers interested in healing, recovery and wellbeing.

### Novotel Hotel, Sydney Olympic Park

**21<sup>st</sup> June, 2016**

8.45am to 5.30pm - Conference Day + Expo

**&**

**22<sup>nd</sup> June, 2016**

8.45am to 5.30pm - Conference Day + Expo

#### **Early Bird Registrations**

\$290 to attend for 2 days

\$160 to attend for 1 day

**Or**

#### **Full Registrations**

\$350 to attend for 2 days

\$190 to attend for 1 day

**Early Bird closes 20th of May, 2016**

**All registrations close 7th of June, 2016**

Limited discounts are available for Consumers and their carers / families. Enquiries to  
02 9620 6172 or [info@fwtdp.org.au](mailto:info@fwtdp.org.au)

**Registrations [www.fwtdp.org.au](http://www.fwtdp.org.au)**