

## Let's Talk About...

# Gender Based Bullying: What Caregivers Can Do

### What is Bullying?

An act of intentionally inflicting injury or discomfort upon another person (through physical contact, through words or in other ways) repeatedly and over time for the purpose of intimidation and/or control.

### What is Gender Based Bullying?

- Homophobic teasing: Negative attitudes and behaviors directed toward individuals who identify as or are perceived to be lesbian, gay, bisexual, or transgender.
- Using gendered language to call someone weak or scared.

### How Can You Talk to Young People About Bullying in an Effective Way?

As you probably know, simply telling a young person NOT to do something isn't an effective way to change behavior.

- Have open and honest conversations.
- Ask open ended questions:
  - What do you mean when you say that?
  - Do you know what that word really means?
  - How do you feel when you hear people say those things?

### Create a Safe and Supportive Environment

**Parents can work together** to create an environment of respect that can help prevent or intervene on bullying.

- Talk to other parents to create ground rules at each others houses.
  - Develop rules with young people so they set their own climate of respect and responsibility.
  - Use positive terms, like what to do, rather than what not to do.
- Reinforce the rules.
  - Be a role model and follow the rules yourself. Show your children respect and encourage them to be successful.
  - Make expectations clear. Keep your requests simple, direct, and specific.

- Use one-on-one feedback, and do not publicly reprimand. Create a safe environment for your children to talk to you about their own gender identity and sexual orientation. Let them know that you support and love them no matter what.
- Learn more about how to support young people by visiting <http://www.cdc.gov/lgbthealth/youth-resources.htm>

## Resources

Applying Science, Advancing Practice: The focus of this ASAP is to highlight the early findings from a three-year study aimed to examine the overlap between bullying and sexual violence victimization and perpetration in five middle schools in a Midwest state. Reading this summary is very helpful.

[http://www.cdc.gov/violenceprevention/pdf/asap\\_bullyingsv-a.pdf](http://www.cdc.gov/violenceprevention/pdf/asap_bullyingsv-a.pdf)

Talk to your school about its anti-bullying policies. Read more at [stopbullying.gov](http://stopbullying.gov) to find out what you can do to create policies at your children's school.

The FLASH Curriculum has great conversation starters and activities to talk to your kids about gender and sexual orientation.

<http://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH.aspx>