

The children  
of Long Island  
are counting  
on CAPS –



can CAPS  
count on you?



Working together to keep  
every child safe from harm.™

Child Abuse Prevention Services (CAPS) is a 501 (c)(3) non-profit organization funded through the generosity of foundation and corporate grants, legislative appropriations and private donations which allow us to present our student workshops without charge.

To donate to CAPS or for more information about volunteer opportunities or CAPS' programs, contact CAPS.

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**Bullying:**  
**What Parents  
Need To Know**



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## Child Abuse Prevention Services (CAPS)

was founded in 1982 for the purpose of preventing child abuse and neglect. This purpose is expressed in CAPS' mission: working together to keep every child safe from harm.™

To help keep kids safe, CAPS developed *Steer Clear of Bullies™*, a two-session, multi-media workshop for 4th and 5th grade students designed to promote empathy, social-skills building and assertiveness. But keeping children safe is everyone's responsibility – and there are things you should know about bullying to help make a difference.

Bullying is aggressive behavior that is repeated over time, is intended to harm and involves an imbalance of power or strength. Bullying can take many forms, including physical or verbal/emotional bullying, social exclusion, intimidation, racial/ethnic slurs, sexual harassment and cyber-bullying.

## Things You Should Know About Bullying

- Bullying is NOT normal peer conflict
- In the average classroom two to three children spend every day afraid of being bullied
- Both targets and bullies run a greater risk of becoming violent and anti-social
- Bullying words can hurt as much – or more – than fists
- Bullying in schools occurs in classrooms, cafeterias, bathrooms and hallways – and on buses and playgrounds
- Bystanders can be negatively affected by bullying
- Bullying interferes with a child's ability to learn, concentrate and desire to go to school

## Warning Signs Your Child May Be A Target Of Bullying

- Declining grades
- Frequent complaining of illness
- Becoming withdrawn
- Showing unexplained bruises
- Beginning to bully others
- Becoming aggressive, irritable or quick-tempered
- Having few or no friends
- Becoming overly concerned about personal safety

## What You Can Do To Help Bully-Proof Your Child

- Develop a strategy plan together
- Teach and practice **CAPS' Steer Clear self-protective strategies:** **C**alm down; **L**eave; **E**nlist others; **A**ssert yourself; **R**eport incidents
- Talk with your child about friendship, being a good friend and ways to resolve conflict and manage anger
- Do not tell your child to hit back
- Support your child's healthy friendships
- Build your child's self-esteem by providing opportunities to feel competent and confident
- Be a life skills coach and teach problem-solving skills your child can use for the rest of his or her life

## And, since bullying is most likely to occur at school:

- Make sure your child's school has strong bully prevention policies in place
- Identify adults in school your child can turn to for help
- If bullying occurs, document each specific incident
- Reach out first to the adult closest to the situation
- Develop a joint plan to ensure your child's safety
- Don't give up until the problem reaches a satisfactory conclusion

Above all, listen to your child; take his or her concerns seriously and don't under- or over-react.

To help those who are working together to keep every child safe from harm, just fill in this form, tear it off and send it to:

CAPS  
P.O. Box 176  
Roslyn, NY 11576

### YES, CAPS can count on me!

- I'd like to know more about the work of CAPS – please send me some more information.
- I'd like to know how I can become a CAPS volunteer.
- I'd like to support CAPS; enclosed is my tax-deductible contribution of:
- \$500  \$250  \$100  \$50  Other \$\_\_\_\_\_
- My company has a Matching Gifts program – please contact me!

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

### METHOD OF PAYMENT:

- Check payable to Child Abuse Prevention Services
- Please bill my credit card (check one):
- Visa  MC  AmEx

Name on account: \_\_\_\_\_

Signature: \_\_\_\_\_

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

This gift is made:

- In honor of: \_\_\_\_\_
- In memory of: \_\_\_\_\_
- On the occasion of: \_\_\_\_\_

Please send an acknowledgement to:

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

