



The CENTCOM Family Readiness Program presents the

# ***Bullying and Cyber Bullying Briefing***

***Presented by the Military & Family Life Counselors  
and***

***CENTCOM Operations Division and Communications & Computers Division***

## **September 14<sup>th</sup>, 2016**

Bullying affects our children, our family resiliency, our quality of life and ultimately how we accomplish the USCENTCOM Mission.



# **NATURE AND THE PREVENTION OF BULLYING**

**PRESENTED BY**

**MILITARY & FAMILY LIFE COUNSELORS**



# OUR MISSION

To provide non-medical, solution focused, problem-solving counseling support, coaching, and education to service and family members to ensure the readiness of the military while helping families address the stressors that can typically be associated with the military lifestyle.

# THE MFLC PROGRAM AT A GLANCE

- Provides short-term, situational, problem-solving counseling to Service Members and their families.
- Provides psycho-education to help Service Members and their families understand the impact of deployments, family reunions following deployments and other stresses related to military life.
- MFLC counselors can provide individual, couples, and family counseling.
- MFLC counselors provide direct intervention to children, families, teachers and caregivers.
- Services can be provided on or off of military installations.
- Services are confidential and private.

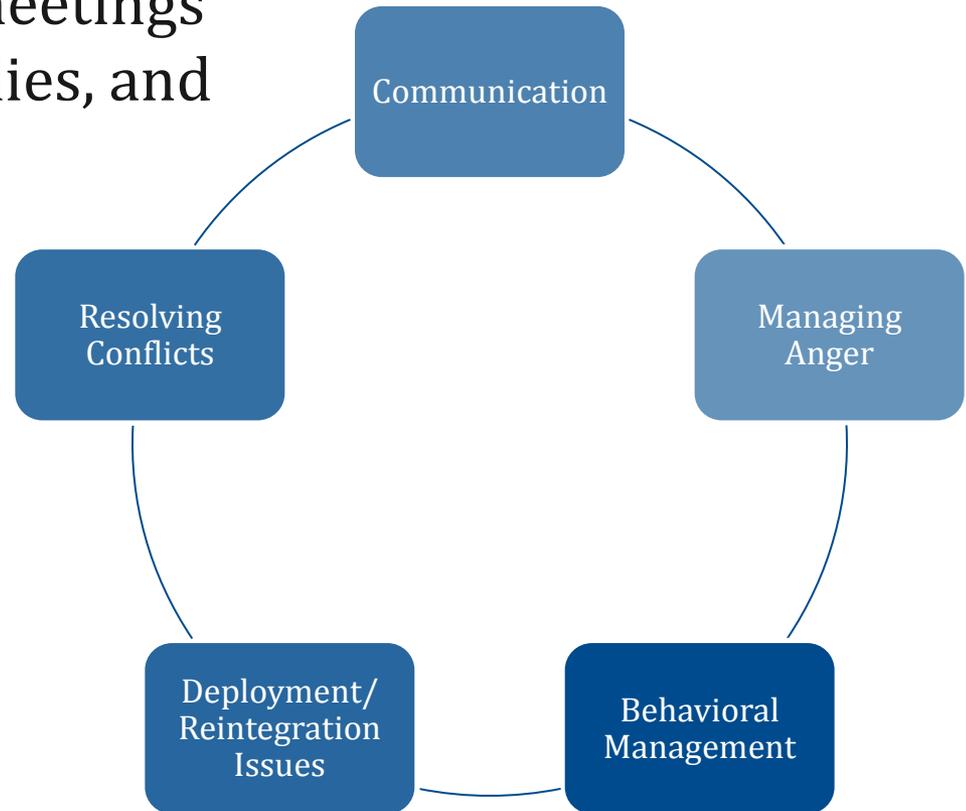


# WHAT WE DO

Support and education are offered through formal and informal meetings with individuals, couples, families, and in group presentations.

Topics include:

- Assistance for Caregivers
- Problems of Children and Youth
- Communication
- Coping with Separation
- Deployment and Reintegration
- Grief and Loss
- Marriage and Relationships



# WHAT WE DO

- Program briefings to educate service and family members about the scope of the MFLC program.
- Provide counseling to Service Members and their families.
- Conduct presentations to address stresses of the military lifestyle.
- Recommend referrals to military social services and practical community resources. When issues presented are beyond the scope of the program (mental health or substance abuse issues), counselors work with family members to arrange appropriate services.



# ABOUT US

MFLC Counselors are:

- licensed Masters and Ph.D. level counselors.
- successful in completing background checks.
- maintain service and family member confidentiality and privacy.
- trained in short term counseling.



The MFLC Program:

- is voluntary and available at no cost to service and family members.
- must receive parental consent before counseling a child.
- stipulates when counselors interact with children that counselors must maintain line of sight with a parent, teacher, or caregiver.



# HOW TO FIND US

The services are coordinated through a designated POC.

**MacDill Adult MFLCs:**

**(813) 388-0918 or (813) 373-2529**

**AFRC, 8105 Condor St. (Bldg. 18)**



# Definition of Bullying

**Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance.**

**The behavior is repeated, or has the potential to be repeated over time**

**Both the kids who are bullied and those who bully others may have serious lasting problems.**

# Types of Bullying

- \* **Verbal Bullying**
- \* **Social Bullying**
- \* **Physical Bullying**

# Types of Verbal Bullying

- \* **Teasing**
- \* **Name Calling**
- \* **Inappropriate Sexual Comments**
- \* **Taunting**
- \* **Threatening to Cause Harm**

# Types of Social Bullying

- \* **Leaving Someone out on Purpose**
- \* **Telling Other Children Not to Be Friends with someone**
- \* **Spreading Rumors About Someone**
- \* **Embarrassing Someone in Public**

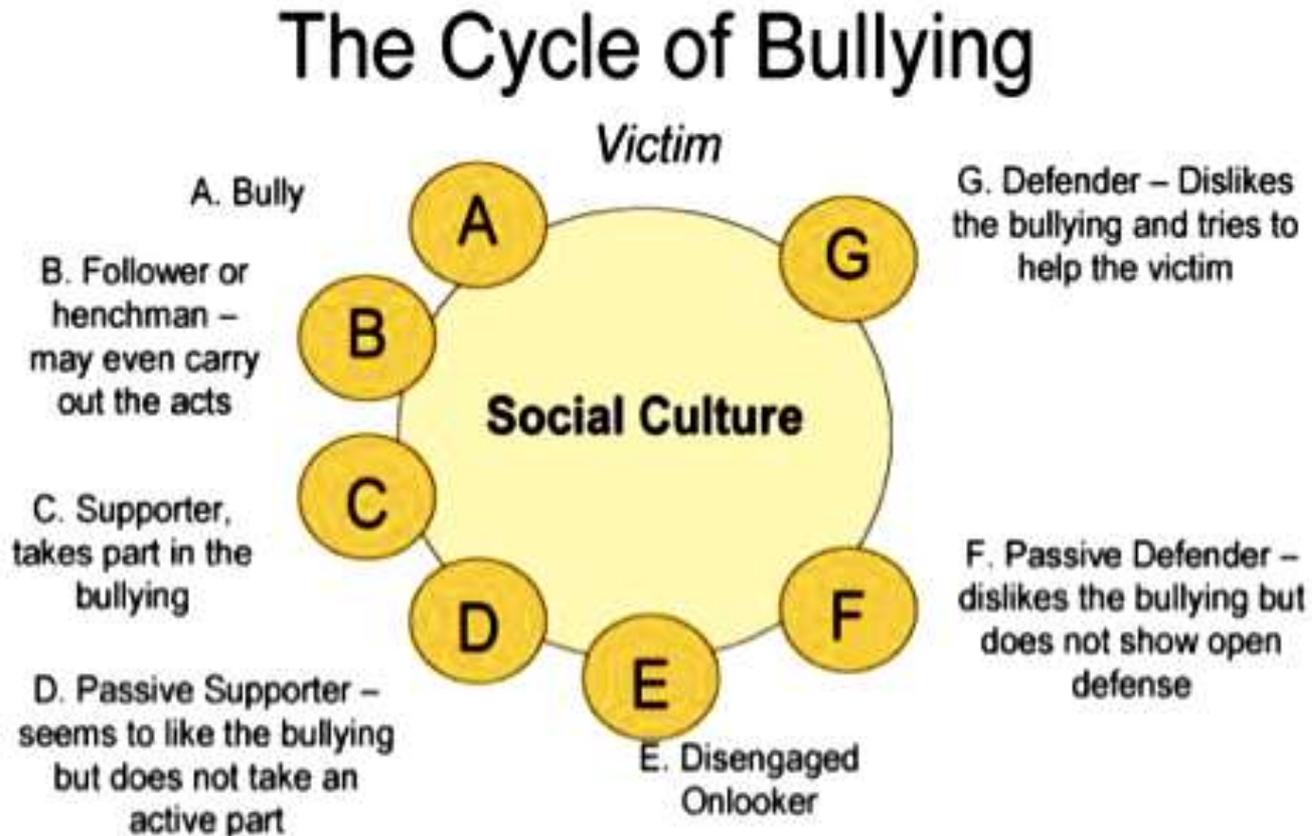
# Types of Physical Bullying

- \* **Hitting / Kicking / Pinching**
- \* **Spitting**
- \* **Tripping / Pushing**
- \* **Taking or Breaking Someone's Things**
- \* **Making Vulgar or Rude Hand Gestures**

# When and Where Bullying Happens

- \* **Bullying can occur during or after school hours**
- \* **While most reported bullying happens in the school building, a significant percentage also happens in places like the playground or on the school bus, in the youth's neighborhood or on the internet.**

# The Cycle of Bullying



# Who is at Risk?

- \* **No single factor puts a child at risk of being bullied**
- \* **Bullying can happen anywhere depending upon the environment a child or children are in**
- \* **Some groups may be at increased risk of being bullied**

# Warning Signs of Bullying

- \* **There are many warning signs that could indicate a child is being bullied or is bullying others**
- \* **Recognizing these signs is a first important step in taking action against bullying**
- \* **Not all children who are bullied or bully others ask for help**

# Effects of Bullying

- \* **Bullying can affect everyone...children, parents, families, and in fact, entire communities**
- \* **Bullying is linked to many negative outcomes including mental health issues, substance abuse, and suicide**
- \* **Talking with kids is important to determine if bullying - or something else - is a concern**

# Considerations for Special Groups

- \* **Schools and communities that respect diversity can help protect children against bullying behavior**
- \* **When children perceived as ‘different’ are not in supportive environments, they may be at a higher risk of being bullied**
- \* **In addition to other children potentially seen as ‘different’.. military kids are at some risk of being bullied**

# How to Talk to Your Kids

- \* **Talk about what bullying is and how to stand up to it safely**
- \* **Tell your kids that bullying is unacceptable under any circumstance**
- \* **Make sure your kids know how to get help**
- \* **Keep safe lines of communication open with your kids... Check in with them often...Listen to them**

# How to Talk With Your Kids (cont.)

- \* **Ask about school...understand their concerns about it**
- \* **Know your kids' friends and their families**
- \* **Respond calmly and rationally**

# What to Teach Your Kids

- \* **Model how to treat others with kindness and respect**
- \* **Encourage kids to speak with a trusted adult**
- \* **Talk about strategies for staying safe such as: staying near adults or groups of kids**
- \* **Talk about using their words like “stop”...“no”...“I don’t like that”**
- \* **Teach them to help other kids who are being bullied and to seek help for them**

# When to Seek Professional Help

- \* If your child is feeling constantly hopeless and sad
- \* If your child is acting differently than normal... seeming constantly 'sad' or anxious...not able to complete normal tasks...seeming unable to care for his/her self
- \* If your child doesn't want to attend school or other places he/she normally enjoys

# Questions

