

IF YOUR CHILD IS A VICTIM OF BULLYING,
HOMESCHOOLING
CAN HELP
TURN THINGS AROUND

6 EASY STEPS *to Getting Started:*

1 GET STARTED RIGHT – Know How Your Child Learns Best

Genius exists in all of us. But, when a child is faced with bullying on a daily basis, their genius gets shut down, stifled, and hidden behind a quest for survival. However, when you teach your child in a manner that is compatible with their learning style, they will learn more, learn faster, and begin to realize their potential in surprising ways. Check out the enclosed invitation for your free Learning Style assessment and take the first step toward helping your child escape the effects of bullying.

2 MAKE UP FOR LOST TIME – Know where your child is academically

Before you begin any homeschool program, it is important to know just where your child is academically. A 2013 study conducted by the University of Virginia shows that victims of bullying are significantly behind in academics compared to their peers who have not been affected by bullying. Finding and correcting the academic gaps that have occurred as a result of bullying will give your child the advantage they need in order to succeed at higher academic levels.

3 KNOW YOUR STATE LAWS

In some states, there are detailed guidelines and concrete standards; in others, parents don't need to do much to comply. Knowing where your state stands before you begin to explore your options will help define whether you will homeschool independently or seek the help of a partner like Bridgeway Academy. Visit bridgewayacademy.com/laws to find out what your state requires.



With Bridgeway Academy, every student begins with a complete academic assessment. Is your child advanced in math or struggling with reading? Our assessment allows you to start your child at the right place.

Bridgeway
ACADEMY
Love Learning With Us

Contact us to learn more!

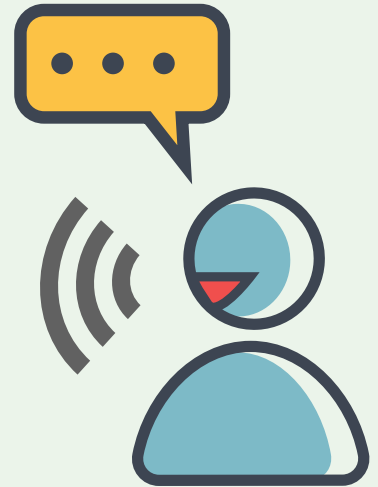
800.863.1474

BridgewayAcademy.com

6 EASY STEPS...

4 CREATE A SUPPORT NETWORK

One of the best moves you can make as you jump into homeschooling is to get involved with a homeschool support group. Your kids will enjoy fun and learning with other kids, and you will get that much needed adult interaction. Soon you will find yourself sharing ideas, discussing frustrations, holding each other accountable, and even becoming close friends.



5 Kids who have been bullied tend to stifle their passions to avoid the cruelty of teasing and mockery. And all too often those passions and interests are lost as they begin to struggle with identity and purpose. Homeschooling allows you to create a safe environment to cultivate those passions, gifts, and abilities and inspire their love of learning. Get ready for their confidence to soar as they engage their God-given talents.

PLAN FOR RECORDS AND TRANSCRIPTS

6 Your child's future and their ability to receive scholarships for college depend on how well you keep your homeschool records and transcripts. Colleges and scholarship sponsors need to see transcripts, GPA status, records of your child's achievements beyond academics, and in some cases even class ranking in order to award funding.



Grade reporting can be overwhelming and stressful for families. However, with Bridgeway's accredited and all-inclusive record-keeping, you can rest assured that your child's future will be secure and their work correctly documented.



Bridgeway families are immediately part of a worldwide support network. When you have questions or concerns, you have a personal advisor and a network of homeschoolers from all around the world who can help.

Bridgeway
ACADEMY
Love Learning With Us

Contact us to learn more! 800.863.1474 • BridgewayAcademy.com

KNOW THE SIGNS OF BULLYING



**1 IN 3 STUDENTS IN THE U.S.
HAVE BEEN BULLIED AT SCHOOL**

SEVEN SIGNS THAT YOUR CHILD IS BEING BULLIED

KIDS MAY BE BULLIED IF THEY:

- Have cuts, bruises, scrapes, or other unexplained physical marks
- Lose toys, school supplies, clothing, lunch, or money
- Are afraid to ride the school bus or to be left alone
- Show a change in typical behavior or personality
- Have physical complaints; headaches, stomachaches, frequent visits to the school nurse
- Change their eating habits
- Have sudden and significant drop in grades

SEVEN SIGNS YOUR CHILD IS BULLYING OTHERS

KIDS MAY BE BULLYING OTHERS IF THEY:

- Have friends who are bullies
- Are involved in physical fights or verbal arguments
- Are increasingly aggressive
- Spend a lot of time in detention or the principal's office
- Suddenly have extra money or new gear
- Don't accept responsibility for their actions and end up blaming others for their problems
- Are overly competitive and worry about their reputation or popularity



SEVEN REASONS WHY KIDS DON'T GET HELP

STATISTICS SHOW THAT IN MOST INSTANCES OF BULLYING, KIDS DON'T ASK FOR HELP. WHY NOT?

- Kids worry about what the bully will do to them next
- They don't want to be labeled a "Tattletale" or appear weak
- Kids lean on their friends for help and may be afraid that if they involve an adult, their friends will no longer help to protect them
- Bullying can make a child feel helpless. By handling it alone, they get back at least some feeling of being in control
- They worry about what adults will think of them
- Bullying often makes a kid feel as though no one cares. Therefore, to avoid further rejection, they keep quiet
- Kids don't want others to know that they had to ask for help from an adult

Bridgeway
ACADEMY

Love Learning With Us

Contact us to learn more!

800.863.1474

BridgewayAcademy.com

KNOW HOW TO RECOGNIZE BULLYING

57% OF BULLYING STOPS
When Someone Intervenes Within
10 Seconds of the Encounter



As adults we often find ourselves taking bullying too lightly.

After all, bullying has been around for thousands of years, hasn't it? We tend to think of bullying as being a physical action where an intimidating boy beats up a smaller classmate or takes their lunch money. While bullying is often physical, with social media and text messaging bullying can also cause emotional damage to kids that desperately want to fit in and be loved.

**THE FIRST STEP TO IDENTIFYING
WHETHER BULLYING IS OCCURRING
IS TO KNOW WHAT BULLYING IS.**

Common definitions include:

- Behavior that hurts, humiliates, or harms another person physically
- Behavior that causes the victim to have to defend themselves
- Behavior that the victim cannot stop
- Behavior that involves a bully having "power" over another (whether physical, social or emotional)
- Often (but not always) bullying is behavior that is repetitive
- Behavior with the intent to hurt or harm someone else. (However, there are times when the bully really does not realize the level of harm they are doing to others)
- Behavior that impacts not just the victim but the students around them as well

Kids often describe a bully as someone who **"makes you feel less about who you are as a person."**

THREE COMMON FORMS OF BULLYING

VERBAL BULLYING:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

SOCIAL BULLYING:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public
- Posting hurtful comments on social media

PHYSICAL BULLYING:

- Hitting/kicking/punching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

Bridgeway
ACADEMY

Love Learning With Us

Contact us to learn more!

800.863.1474

BridgewayAcademy.com

UNDERSTAND CYBERBULLYING

and What You Can Do to Prevent It



**MORE THAN 1 IN 4 STUDENTS HAVE BEEN
VICTIMS OF CYBERBULLYING**

WHAT IS CYBERBULLYING?

Cyberbullying is bullying that takes place using technology such as cell phones, social media, text messages, chat, and websites. Cyberbullying can include mean texts or emails, rumors posted on social media sites, posting embarrassing pictures or videos of someone, creating fake profiles, and stirring others up to do the same.

**Did you know that victims of Cyberbullying
are more likely to:**

- Use alcohol and drugs
- Skip school
- Experience in-person bullying
- Be unwilling to attend school
- Receive poor grades
- Have lower self-esteem
- Have more health problems

WHY IS CYBERBULLYING SO DIFFICULT TO STOP?

When kids are cyberbullied, they are also more likely to be bullied in person. But cyberbullying means that kids cannot get away from the bullying. Home is no longer a safe place when bullying occurs online.

- Cyberbullying can happen 24 hours a day, 7 days a week, and reach a kid even when he or she is alone.
- Cyberbullying messages and images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source.
- Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent.



Bridgeway
ACADEMY

Love Learning With Us

Contact us to learn more!

800.863.1474

BridgewayAcademy.com

HOW TO PROTECT YOUR CHILD AGAINST CYBERBULLYING



Let's face it, keeping our kids off the social networking sites doesn't necessarily protect them against cyberbullying. And the effects can be far-reaching. If you have a child who is enjoying the social aspects of the Internet, here are 10 safeguards you can take to protect your child against cyberbullying.

1 IN 10 STUDENTS DROP OUT OF SCHOOL DUE TO REPEATED BULLYING

Join Them. One of the best ways to know what your kids are doing is to do it too. Set up the same networking accounts and add your kids as friends. This allows you to see what your kids are posting and the types of responses they are getting.

Talk. If your child mentions any kind of disturbing conversation or Internet activity, take the time to stop and talk with them. Ask casual questions to get to the heart of what happened and listen to them. Give them the opportunity to share their thoughts and feelings and have them think through the serious impacts cyberbullying has on the victim.

Be Aware. If you pay attention, you can usually identify when your kids are in distress. They may withdraw, become angry or moody, begin to act out, or speak overly disrespectfully. Be sure to be aware when these signals occur because they could be an indication that something is going on.

Take it Seriously. All too often our kids don't stop and think about what their offhanded comment on social media might do to someone on the receiving end. Be sure to take it seriously both when your child is the victim or when they are the one who made the comment. And always step in to correct it when it occurs.

Be Compassionate. If your child is upset about something that happened on social media, listen and support them rather than offering a "You'll get over it" type of reply. Sometimes what seems so small to us is a big deal for our kids--especially during the fragile teen years. Your guidance can help them learn how to navigate these tough situations.

Set Rules. Be sure you have parameters set around computer and Internet use. If you see your child abusing their time, visiting sites that are off limits or posting comments that are inappropriate, be firm about the consequences. And remember, they can access the web from just about anywhere--so pay attention.

Take Action. If you see that your child or anyone else is the victim of cyberbullying, take action. With the closely connected networks of kids, cyberbullying can easily escalate and become overly hurtful. Stop it in its tracks, then follow up with those involved (including their parents) to make certain it doesn't happen again.

Involve Others. When Cyberbullying occurs, reach out to a teacher, principal, or parent to get them involved in shutting it down. And if your child is showing signs of distress, have them meet with a counselor or doctor to get help. All too often our kids stifle their feelings and end up harming themselves as a way to cope with the emotional turmoil.

Keep Them Busy. Kids who are busy pursuing other interests have less time to bother with social media and other online activities. Get them involved in a sport, music lessons, a drama team, church groups, and/or other extra-curriculars to build their skills and keep them focused on something other than the screen.

Bridgeway
ACADEMY

Love Learning With Us

Contact us to learn more!

800.863.1474

BridgewayAcademy.com