



BARBARA COLOROSO

Complete text of parenting handouts and more information
may be found at:

www.kidsareworthit.com

Excerpts from “Parenting Wit and Wisdom”

Critical Life Messages Children Need from Parents:

- I believe in you... I trust you.
- I know you can handle it... You are listened to.
- You are cared for... You are very important to me.

Teaching Kids to Think & Act Ethically

Parents and educators should

- Provide ways for children to care deeply, share generously and help willingly;
- Curb their inclinations to hoard or harm;
- Stop anything that fuels hatred in its tracks.
- Hold them accountable for what they do that causes harm.

Why Accountability Is Important

Holding children accountable for what they do that causes harm, what they fail to do to care, and for what they turn a blind eye to says we care deeply about them. It also says that we believe they are capable of acting with integrity, civility, and compassion. Holding children accountable requires resolve on the part of the adult and discipline on part of the child.

The Difference Between Discipline and Punishment

Punishment is adult oriented, imposes power from without, arouses anger and resentment, invites more conflict, exacerbates wounds rather than heals them; is preoccupied with blame and pain; does not consider reasons or look for solutions.

Discipline is not judgmental, arbitrary, confusing, or coercive. It is not something we do to children. The process of discipline does four things the act of punishment cannot do:

- Shows children what they have done
- Gives them as much ownership of the problem that they can handle
- Gives them options for solving the problem
- Leaves their dignity intact

Excerpts from “The Net Neighborhood”

Too much, too soon? Children are doubling up on their media exposure—watching TV while plugged in to the Internet, text messaging while listening to music—and packing as much as 8.5 hours of media exposure into 6.5 hours a day, seven days a week. Kids are plugged in, turned on, and tuned out for the equivalent of a forty-five-hour work week, every week.

Media technology & bullying: Media technology has the power to help define reality for our kids; it also has tremendous influence on who our kids become and the world they will inhabit. Bullies are using high tech tools to threaten, stalk, ridicule, humiliate, taunt, and spread rumors about their targets. The characteristics of bullying—imbalance of power, the intent to harm, the threat of further aggression, and the creation of terror—are magnified with the use of electronic technologies.

Warning Signs of Cyberbullying: The warning signs that kids exhibit when being cyber bullied are similar to those exhibited if they are bullied in any other way, but the spiral down into depression, illness, and academic failure is usually accelerated when cyberbullying is involved. Cyberbullying can and does happen anytime and anywhere—no escape. Targets of cyberbullying may be reluctant to seek help because they fear their parents will take away their cell phones and restrict their computer access.

What should I do if my child is a victim? Ms. Coloroso says cyber bullying is often made worse by responding whether that response is passivel aggressive or assertive. She recommends empowering children with the **Stop, Copy, Block and Tell (SCBT)** method:

- **Stop.** Don't respond.
- **Copy.** Make copies of all messages and pictures, and save cell phone text and voice messages.
- **Block** or filter communications through IM contact list or email.
- **Tell** a trusted adult.

What if I catch my child bullying? The following steps are the same used to hold any bully accountable for any form of bullying:

- Intervene immediately with discipline utilizing the three Rs: restitution, resolution, and reconciliation.
- Create opportunities to “do good.”
- Nurture empathy and sympathy.
- Teach friendship skills—assertive, respectful, and peaceful ways to relate to others.
 - Closely monitor your child's TV viewing, video game playing, computer activities, and music.
- Engage in more constructive, entertaining, and energizing activities.

- Teach your child to “will good.”

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www.commongroundspeakersseries.org
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