

The source of bullying

by Lisa McKimm



What are we doing about Bullying?

Unfortunately there seems to be a western world trend towards increased bullying in schools. Many parents I have talked with have agonised over the pain caused for their kids whilst they were on the receiving end of such activity. Often when the bullying ends, its effects are felt emotionally for a long time afterwards by its victims.

However, an Australian expert in this field - Dr Ken Rigby - claims that we have been more successful in dealing with the recipients, than those who are dishing it out. It seems that although those on the receiving end are at least becoming more assertive in protecting themselves, there has been little change in behaviour from the bullies themselves.

This provides some interesting food for thought! Not in all cases, but in many, bullying may unwittingly have its roots in the family.

Parents would rarely consider their behaviour bullying towards their kids - but ask yourself what bullying actually is? To me it is causing intimidation through the misuse of your power over someone.

Often, those of us who have been raised to be an authoritarian parent will hold the belief - in good faith - that they should use whatever means are required to keep their kids on the straight and narrow. This may include physical punishment; criticising; silent treatment; exclusion; and demeaning or humiliating verbal putdowns.

Whilst parental intentions may be well intentioned - aren't these the exact tools of the school bully? Unintentionally, parents have trained their kids in the use of toxic tools.

Those who are bullied at home may also respond to school bullying passively - unable to speak up for themselves because they have been trained to expect trouble if they did so.

So how do we begin to address all of this? My thoughts are that we begin with Mums and Dads. Not because they are 'to blame' or 'at fault'. But because when it comes to wanting kids to have all of the tools that they will need in life to build healthy relationships - nobody is more committed to that than their parents!

Relationships where respect flows in both directions is the desired destination, and most parents appreciate some guidance - or at least the loan of a compass to figure out how to get there!

Parent Education in how to lead and coach their family, without the need to wield power will go a long way. As will courses that teach how to instil values and principles in our children. If we aid parents on the journey of creating mutually respectful relationships in the family, we may change our course and destiny.

Awesome athletes get coaching, why shouldn't awesome parents!! Want to be an awesome parent?

I'll leave you with this wise Chinese Proverb.

If there is light in the soul,
There will be beauty in the person.
If there is beauty in the person,
There will be harmony in the house.
If there is harmony in the house,
There will be order in the nation.
If there is order in the nation,
There will be peace in the world

Create some light, beauty, harmony, order or peace at your place – and if you want help with this, call us at ParentingWorx. We'd love to work with you.

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