

Parenting Bully-Proof Kids: How to Stop School Bullies

Ben H. Leichtling, Ph. D.

READING GROUP QUESTIONS

1. Bullying tactics
 - A. Each child is most susceptible to different bullying tactics; which are yours most susceptible to?
 - B. At their schools, what manipulation bullying tactics have been most harmful to your children and to other children?
 - C. What manipulation and bullying tactics do your children's friends use on them?
 - D. How do your children manipulate and bully other children? What excuses do you give?
 - E. How do your children manipulate you? What excuses do you give for their behavior?
 - F. How do you or your spouse manipulate and bully your children?

2. Ineffective responses
 - A. What have you and/or your children done to try to stop bullying?
 - B. What have you done to prevent your children from manipulating you?
 - C. When have these responses been successful and unsuccessful?
 - D. When have these responses been unsuccessful for you and your children, but successful when used by other people? What might be the differences?

3. Effective responses
 - A. Do your children's school administrators protect them from bullying? How?
 - B. Can your children count on you to protect them? What have you done and taught them?
 - C. If nothing else has worked, do you allow your children to fight back?
 - D. What actions used to be outside your comfort zone? What new tactics might you try?

4. Self-bullying – yours and your children's
 - A. How do your children bully themselves? How do you bully yourself?
 - B. How do you get lured into negotiating repeatedly or going through repeated cycles of angry confrontations → promises → promises broken → angry confrontations?
 - C. Do you really think your teenagers will finally change if you give them another chance ... again? What new tactics might you try?
 - D. If you paid less attention to your children's feelings and more to their behavior, what might you do differently?
 - E. What do you do to stimulate your children to take charge of their futures?