

# DEBUG The Bullies

## Tips to Help Your Child Handle Bullying

Drs. Felice Kassoy and Colette T. Dollarhide led anti-bullying sessions in Kays' Kids Camp at our 2014 National Family Conference in Columbus, Ohio. These sessions gave our young people some tools to help them deal with bullying.

One strategy that is very successful in changing the picture in bullying is called "DEBUG." DEBUG is five steps that students can use when someone is "bugging" or irritating them. This tool teaches problem solving, responsibility of choice and the beginning of conflict resolution.

### The five steps of DEBUG are:

1. Ignore
2. Move Away
3. Talk Friendly
4. Talk Firmly
5. Get Adult Help

Practicing DEBUG with your child at home is a way to really learn how to be assertive when facing a small problem or being bugged.

### Tips

- Ignore means pretend the other person isn't there.
- Don't look at the person or say anything.
- Walk away is just that—walk, don't run, and it doesn't hurt to walk toward an adult.
- Talk friendly and talk firmly are both good to practice while looking in the mirror. A smile for talk friendly and a serious face for talk firmly both work well with assertive posture of eye contact and shoulders back. Try to say what the person's doing that's bugging you - "Please, stop making noises. It's bugging me."
- When you are to the "Talk Firmly" step, remind your child to use the person's name and to let the "bugger" know if they do not

stop what they are doing, you are going to get help from an adult.

- When students decide to get help from an adult, it's helpful to let the adult know that they tried all the steps of DEBUG and none of them worked. That way, the adult knows what the student has tried on his or her own before getting assistance from an adult.

Check out these additional, helpful resources for bullying.

- [www.stopbullyingnow.com/](http://www.stopbullyingnow.com/)
- [www.violencepreventionworks.org/](http://www.violencepreventionworks.org/)
- [www.stopbullying.gov](http://www.stopbullying.gov)
- <http://www.micheleborba.com/Pages/7virtues.htm>
- [www.cfchildren.org/steps-to-respect](http://www.cfchildren.org/steps-to-respect)
- [www.operationrespect.org](http://www.operationrespect.org)
- [bullyproofingyouth.com/](http://bullyproofingyouth.com/)

*The content of this document is for informational purposes only. Questions regarding specific patient issues should be directed to the appropriate professionals for resolution.*

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