

## **St. Ann's Parent Presentation**

### **Keeping Charity the Focus: How to Help Children Build Each Other Up.**

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Jonathan Marcotte, Psy.D.

[drjonathan@fountainoflife.us](mailto:drjonathan@fountainoflife.us)

Fountain of Life, LLC

Falls Church, VA

# Overview



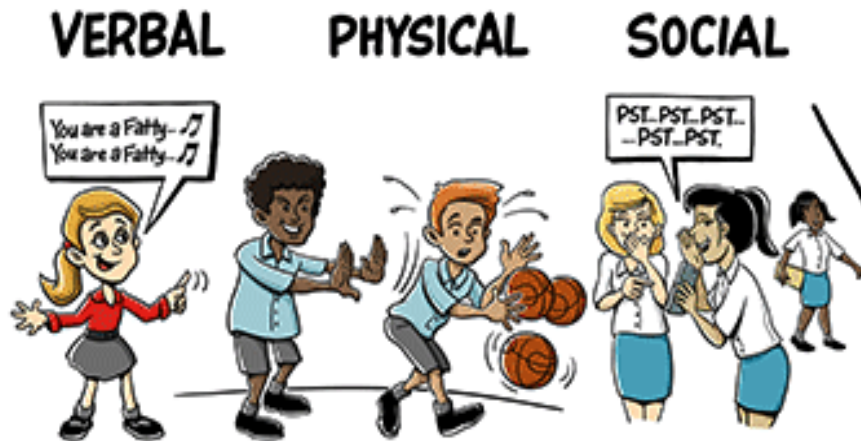
- Bullying vs Not Bullying Behaviors
- Personal Boundaries
- Assertive Communication
- How to Help Your Children
- Resources
- Questions

# Bullying

- **Must be aggressive and include:**
  - Imbalance of Power
  - Repetition



# Types of Bullying



## ● Verbal bullying

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

## Social (A.k.a. relational bullying)

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors
- Embarrassing someone in public

## Physical bullying

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

# Where and When?

- During or after school hours
- Playground
- Bus
- Travelling to or from school
- Student's neighborhood
- Internet



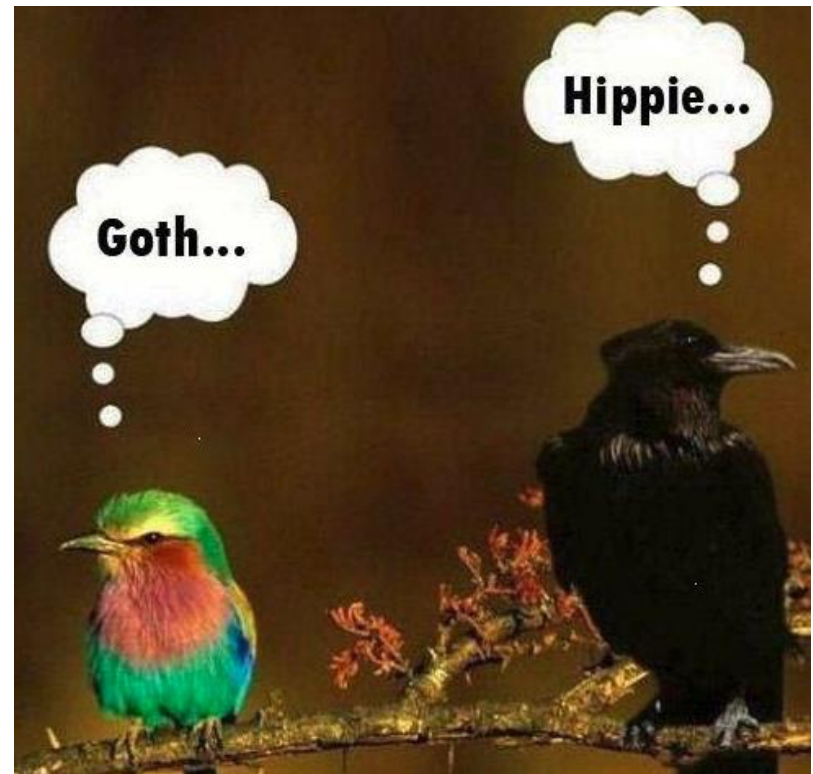
# Bullying is NOT



- **Bullying** depends on:
  - Intention of the giver
  - Perception of the receiver
- **Important to distinguish bullying from other hurtful behaviors, such as:**
  - 1) Not liking someone
  - 2) Being excluded
  - 3) Accidentally bumping into someone
  - 4) Making other kids play certain things

# Bullying is not...

- 5) A single act of telling a joke about someone
- 6) Arguments
- 7) Expression of unpleasant thoughts or feelings regarding others
- 8) Isolated acts of harassment, aggressive behavior, intimidation or meanness



# Bullying is not...



- 9) Teasing
- 10) Fighting



# Personal Boundaries



- **Definition:** Guidelines, rules or limits that a person creates to identify reasonable, safe, and permissible ways for other people to behave towards them and how they will respond when someone passes those limits

# Confrontation approaches

**Passive > Assertive < Aggressive**

Too Nice	Firm	Mean
Suck it up	Clear Messages	Explosive
Hold it in	"I" Statements	Arrogant
Denial	Broken Record Technique	Oblivious
Subtle Manipulation	Well Respected	Manipulative
Guilt	Self-Accepting	Self-Absorbed
Shame	Self-Aware	Threatening
Low Self-Esteem	Self-Confident	Low Consideration of Others
Powerless	Powerful	Tyrannical/Put of Control
Latent Hostility	Comfortable	Hostile
Weak Boundaries	Well Defined, Clear Boundaries	Overbearing
Passive	Active	Attacking
"Door Mats"	Content	Dominant
Needs Acceptance	Self-Sufficient	Needs Power

# Assertiveness

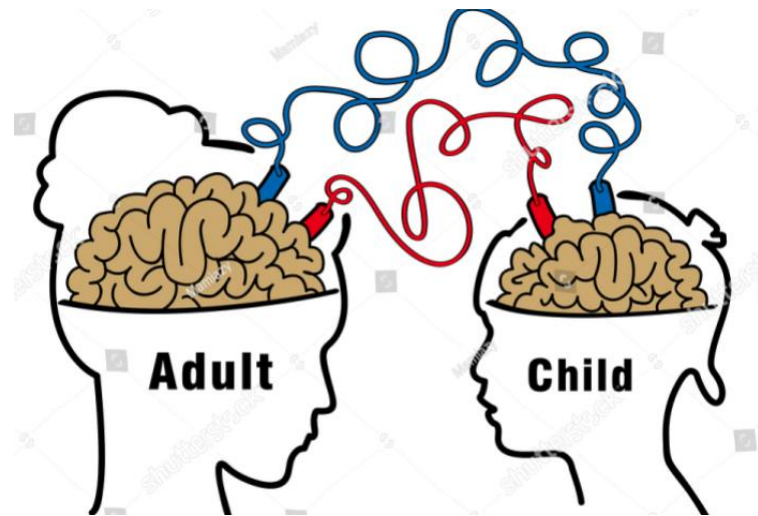
## Assertiveness

- Being forthright in your needs while still considering the needs and wants of others
  - Your rights, feelings, and needs = as important as others
  - Self-respect + other's dignity
- Techniques:
  - Repetition
  - "I statements"

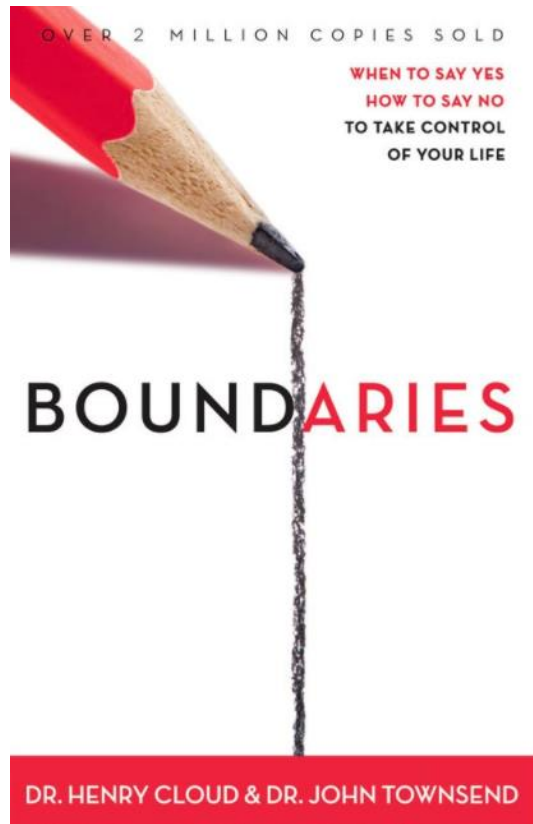
1. Point out the behavior	2. Explain how the behavior affects you	3. State what you need to happen
"When you poke me"	"I do not like it"	"Please stop poking me."
"When you call me names"	"It hurts my feelings"	"Please don't call me names."

# How to Help Your Children

- **Help Teach Your Children How to Set Healthy Boundaries and keep Charity the Focus**
  - **1) Speaking Truth with Love** - Model boundary setting in a way that maintains your child's own self-respect and the dignity of the other.
  - **2) Keeping Charity the Focus** – Prioritize and encourage a positive view of the aggressor to your child.
  - **3) Helping Children Solve their own Problems** – Strategies to brainstorm and set boundaries lovingly.



# How to Help Your Children: Resources



## ○ Resources:

- ***Boundaries with Kids*** – By Dr. Henry Cloud and Dr. John Townsend
- ***Boundaries with Teens: When to Say Yes, How to Say No*** – By Dr. John Townsend
- ***Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*** – By Dr. Henry Cloud and Dr. John Townsend

# Referrals: Assessment & Therapy

- **Fountain of Life, LLC (Falls Church, VA), Lisa Klewicki, Ph.D.**
  - Assessment and Catholic counseling for children, adolescents, adults.
- **Catholic Charities of Diocese of Arlington Family Services (Arlington, VA)**
  - Catholic counseling for individuals, couples, and families.
- **Institute for the Psychological Sciences IPS Center (Arlington, VA)**
  - Assessment and Catholic counseling for children, adolescents, adults.
- **Alpha Omega Clinic (Alexandria, Fairfax, and Bethesda)**
  - Catholic counseling for children, adolescents, adults.
- **Meier New Life Clinics (Fairfax, VA & Rockville. MD)**
  - Christian counseling for adolescents and adults.
- **Vital Sources Professional Psychological Services (Frederick, MD)**
  - Assessment and Catholic counseling for children, adolescents, adults.
- **Expressive Therapy Center (Bethesda, MD, Rockville, MD, & McLean, VA)**
  - Non-Religious site offering Individual and group therapy for youth and families

# References

- <https://www.stopbullying.gov/what-is-bullying/index.html>
- <https://www.ronitbaras.com/emotional-intelligence/personal-development/what-is-not-bullying/>
- [https://www.stopbullying.gov/sites/default/files/2017-10/prnt\\_friendly\\_speaker\\_notes.pdf](https://www.stopbullying.gov/sites/default/files/2017-10/prnt_friendly_speaker_notes.pdf)



Questions?