

## **Dealing with Bullying (*Interview Transcripts*)**

**Joseph Siegel, Licensed Clinical Social Worker, OSF HealthCare**

“A good 10 to 15 minute conversation every day about what happened during the day, what was good, what was bad, and what did they struggle with. Use open-ended questions and don’t necessarily try to solve problems they are experiencing but just listening and understanding what they’re saying and how they’re feeling in these situations. That is an important first step.” (:25)

**Joseph Siegel, Licensed Clinical Social Worker, OSF HealthCare**

“Sometimes the bully is acting out of the desire to provoke and they want an angry response, so if the person is calm and says to stop and then walks away from the situation, that could be somewhat helpful because not it is not elevating or becoming worse.” (:20)

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“Assertive, nonviolent behavior and communication should be the goal. They need to be able to express themselves – which they can with a bully – without letting it get into a situation that can be violent and lead to become out of control and turn into a situation where they can’t handle the situation.” (:17)

**Joseph Siegel, Licensed Clinical Social Worker, OSF HealthCare**

“It is recommended that we try to resist calling the other parent. That often can make the situation much more complex or even taken to a different level completely. That is what schools do – they mediate these kinds of conflicts all the time and are very good at it. If you feel like you need to talk to the other parent, then it’s probably better to talk to the school instead so they know what is happening and can document it.” (:30)

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“We live in a very diverse state and our language often is about differences. Whether it’s politically or racially or spiritually, sometimes we end up in this spot where we don’t focus on the commonality that we have. And focusing on the commonality just in our everyday conversation with our kids is going to help a lot with their level of acceptance at school.” (:25)