

Bullying and the Era of Technology (*Interview Transcripts*)

Joseph Siegel, Licensed Clinical Social Worker, OSF HealthCare

“It can be something that’s even a lot different than what we had 10 years ago. It can be verbal. It can be images, threats, or shared images between people who aren’t the person being bullied. It’s a fairly diverse kind of topic. Especially when it happens on the internet.” (:21)

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“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)

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“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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“In terms of cyber bullying, there is a government website – cyberbullying.org – that is a fantastic resource for parents in terms of how to best handle different kinds of cyber bullying.” (:14)