



Families' and Children's Adjustment Study

Study Update by Lori Ann Perretta, M.A.

Greetings everyone! As we spring forth to warm and sunny days, children will be making their way to the playground to enjoy time with their friends. Since a great deal of bullying occurs on the playground, we would like to bring this issue to your attention. While more boys deal with this problem, girls are also among the bullies and victims. Nearly 1 in 7 children experience bullying regularly, and research has found a link between bullying and depression. In addition, victims report more aches and pains, and their school grades begin to slip. Let's take a closer look at bullying, its signs, and what we can do about it.

What Is Bullying?

Bullying is the repeated power one child exerts over another. When thinking of bullying, we often tend to recall direct forms, such as teasing, hitting, and the taking of one's belongings. However, indirect forms, which are more common among girls, include gossiping, ignoring, and isolating others.

Where Does Most Bullying Take Place?

Most bullying occurs at school, but it also often takes place on the way to and from school. Bullying may even take place at recess, especially when there are not enough teachers or aides keeping a close eye on the children.

Signs That Your Child May Be Bullied at School

If your child:

- has scratches or bruises.
- is afraid of going to school.
- complains of headaches or stomachaches.
- does not feel hungry—especially in the morning before leaving for school.
- returns from school with a disordered appearance or ruined belongings.
- does not invite children home for playtime,

and/or is not invited by others.

- is sad, depressed, or goes from being irritable to having unexpected outbursts.
- decides to take a new or unexpected route home.

What Parents Can Do To Help:

If you notice any of these signs in your child and suspect bullying, contacting his or her teacher is an important first step. It is imperative that classroom teachers are made aware of bullying at school, so they can take the proper precautions. At home, showing empathy, helping to develop good problem solving skills, and promoting a positive social environment are key to the child's well-being. Persuade your child to make friends and organize play dates. Encouraging the child to participate in extracurricular activities they enjoy, such as sports or dance class, will allow them the opportunity to make new friends and gain more self-confidence. It is especially important to talk to children about bullying and to let them know you are there for them.

Information drawn from research by Dan Olweus, Ph.D.

Recommended Guides:

Olweus, D. (1993). *Bullying at school: What we know and what we can do*. Oxford, England: Blackwell.

<http://stopbullyingnow.hrsa.gov/adults/default.aspx>

<http://mentalhealth.samhsa.gov/publications/allpubs/svp-0056/>



Please let us know of any changes in your contact information. You can call us at **617-358-4584** or email us at **families@bu.edu**.

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Literature and Laughs



Ostrich Boys

by Keith Gray

I Was a Teenage Alien

by Jane Greenhill

When You Reach Me

by Rebecca Stead

For more books and book reviews, visit
www.schoollibraryjournal.com

LOL!

Q. Can February March?

A. No, but April May!

Q. When do monkeys fall from the sky?

A. During Ape-ril showers!

Q. What do you get when a row of rabbits takes one step backwards?

A. A receding HARE LINE

Q. If I have a bee in my left hand and a bee in my right hand, what do I have in my eye?

A. Beauty (beauty is in the eye of the bee-holder!)

Q. Why is everyone so tired on April 1?

A. Because they've just finished a long March!

Make Your Own Terrarium!

April showers keeping you inside? Bring the outdoors indoors with this fun terrarium!



What You'll Need:

- A jar with a lid or a plastic bottle with a cap
- Gravel or horticultural charcoal
- Soil
- Moss or small plants
- Rocks or small figurines (optional)

Cover the bottom of a jar or bottle with horticultural charcoal or gravel (small rocks work well, too!), and then put in a layer of potting soil no more than an inch thick. Add plants (slow growing ones work best) and/or cover the soil with sheet, cushion, or clump moss. If you can't find moss outside, check with local pet stores or florists. Add rocks or small figurines to create a fun outdoors scene! Make sure that any leaves, petals, or stems do not touch the glass. Spray twice with water, and place the lid on the jar.

Keep the terrarium in a spot with moderate light. If too much condensation forms, give the terrarium a little less light or remove the top for two hours.

www.marthastewart.com

Walk for a Cause!

Enjoy the spring weather by exercising and raising awareness for a good cause!

March for Babies

The March for Babies is organized by the March of Dimes foundation and raises money to promote the birth of healthy, full-term babies, while also conducting research to help care for preterm babies born with complications. The Boston walk is three miles long and starts at the DCR Hatch Shell on May 8th at 12:30 PM.

Details: (508) 366-9066 or www.marchforbabies.org



Avon Walk for Breast Cancer

The Avon Walk for Breast Cancer raises money to both support research for a cure and help men and women receive adequate medical care for their cancer. The walk takes place on May 15 & 16 and takes walkers through many historical and famous Boston sites. Participants walk up to 26.2 miles on Saturday and 13.1 miles on Sunday.

Details: (888) 540-9255 or www.avonwalk.org



Boston Cares Dash for a Difference

Organized by the Crohn's & Colitis Foundation of America, Take Steps for Crohn's & Colitis raises money to help support patient programs, improve education efforts, and fund crucial research. This 2 mile walk starts at 4:00 PM on June 5 at Boston Common (tentatively).

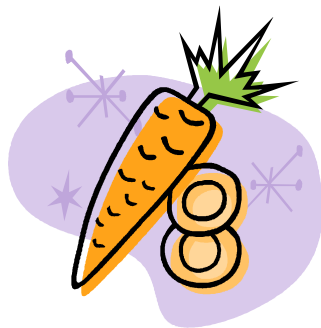
Details: (781) 449-0324 or www.ccfa.org



Cook's Corner: Carrot Cake

Ingredients

- 1/2 cup chopped walnuts (optional)
- 2 cups (whole-wheat) pastry flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 large eggs
- 1 1/2 cups sugar
- 3/4 cup nonfat buttermilk
- 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 1 20-ounce can crushed pineapple, drained, juice reserved
- 2 cups grated carrots (4-6 medium)
- 1/4 cup unsweetened flaked coconut



Directions

To prepare cake: Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.

Toast walnuts in a small baking pan in the oven until fragrant, 5 to 10 minutes.

Whisk flour, baking soda, salt and cinnamon in a medium bowl. Whisk eggs, sugar, buttermilk, oil, vanilla and 1/4 cup of the reserved pineapple juice in a large bowl until blended. Stir in pineapple, carrots and coconut. Add the dry ingredients and mix with a rubber spatula just until blended. Stir in the nuts. Scrape the batter into the prepared pan, spreading evenly.

Bake the cake until the top springs back when touched lightly and a toothpick inserted in the center comes out clean, 40 to 45 minutes. Let cool completely on a wire rack before serving.

Find this and more recipes at www.foodnetwork.com

Therapy Study for Children with Depression At Boston University

Do you know a child who...

- Appears sad or down?
- Has lost pleasure in fun activities?
- Feels hopeless?
- Is more irritable than usual?
- Complains of aches and pains?
- Has withdrawn from friends or family?

The *S.O.S.* Study

Systems of Support

- Free sessions with a therapist for children ages 8-12 with depression
- Payments for participation
- Located in Kenmore Square

If you know a child who may be eligible to participate, please do not hesitate to call or email us:

617-358-4584 families@bu.edu

www.bu.edu/families

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