



Bullying Prevention

Signs Your Child is BEING BULLIED

Look for changes in the child, but not all children who are bullied exhibit warning signs. Some signs include:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequently feeling sick or faking illness
- Changes in eating habits, like skipping meals or binge eating, or coming home from school hungry because they skipped lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self-esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

Signs Your Child is BULLYING OTHERS

- Gets into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Gets sent to the principal's office or to detention frequently
- Has unexplained extra money or new belongings
- Blames others for their problems
- Does not accept responsibility for their actions

WHAT is Bullying

Bullying is any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves a power imbalance and is repeated or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm.

Bullying FACTS

- One-third of U.S. students experience bullying, either as a target or a perpetrator.
- More than 70 percent of teachers and students have witnessed bullying in their schools.
- 28 percent of students, in 6th through 12th grade, report being bullied.
- Only a small percentage of children who are bullied, report it, because they do not believe adults will help them.

What to do if Your Child is Being Bullied



- **Start early.** Teach kids to respect others before they start school and continue to talk about this topic on an ongoing basis.
- **Encourage** your children to express their feelings clearly and to say no when they feel uncomfortable.
- **Stop bullying** when you see it. Adults who remain silent when bullying occurs are encouraging it and making it worse.
- **Listen and support** children who speak up. Telling an adult about bullying is not easy, so take the time to listen and discuss.
- **Recognize** the signs of depression. Youth who experience bullying can develop signs of depression and these symptoms can affect their relationships and school performance.
- Tell your children to **take action** when they see bullying behavior by speaking up and informing a teacher if the behavior doesn't stop.
- **Communicate** clear policies and consequences. Bullying is less likely in schools where adults are involved and firm about stopping bullying behaviors.
- **Team up.** Work with your PTA to make sure that schools treat bullying as violence. Help them develop programs to prevent bullying and promote safe school environments.