



Bullying

What can be considered bullying?

- Calling someone names, teasing, telling rumors, or making fun of someone in public.
- Threatening to hurt someone or physical acts such as kicking, spitting, pushing, or tripping.
- Not including someone in activities on purpose or telling other children not to be friends with someone.
- Stealing or breaking another person's belongings.

What are possible signs that your child may be the victim of bullying?

- Injuries the child cannot explain what happened.
- Lost clothing, books, electronics, jewelry or items that are broken.
- Frequent headaches or stomach aches, the child may often feel sick or pretend to be sick.
- Excessive hunger when child comes home from because they skipped eating lunch with others.
- Difficulty getting to sleep or even nightmares.
- Lower grades in school, no interest in schoolwork, or not wanting to go to school.
- Losing friends or not wanting to be part of activities they once enjoyed.
- Feelings of helplessness or low self-esteem.
- Running away from home, hurting self, or talking about suicide.

What steps may help your child with bullying?

- Tell your child not to react to the bully.
- Encourage your child to have friends and be part of activities they love, like sports and youth groups.
- Talk to your child's teacher or the principal if bullying continues.
- Be an example of how to treat others with kindness and respect.

- Keep talking with your child about bullying and their life at school.
- Encourage your child to pay attention and to get the help of a trusted adult if they see another child being bullied.

What is Cyberbullying?

Cyberbullying is bullying through electronic media (internet, smartphones). It can happen 24 hours a day.

What can parents do about cyberbullying?

Be aware of what your child is doing on-line.

- Know the sites your child is visiting.
- Tell your child you may review what they are doing online.
- Ask for passwords, set trust it will only be used for emergencies.
- Ask to “friend” or follow them on social media.
- Tell your child not to say or post anything that could hurt someone, because this could be difficult to remove from social media.
- Establish rules about technology use such as where they may go on-line. Set time aside for electronics.
- Encourage your child to tell you if they know someone is being bullied.
- Tell your child not to share their password with friends who may log in to their account.

References:

StopBullying.gov. Prevent cyberbullying. Retrieved from

<http://www.stopbullying.gov/cyberbullying/prevention/index.html> on November 11, 2015.

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