



What Parents Need to Know About Preventing Bullying

What is Bullying?

Bullying occurs when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.

Three Key Components of Bullying Behavior:

1. Involves intentional aggressive behavior
2. Typically involves a pattern of behavior repeated over time
3. There is an imbalance of power or strength

Types of Bullying

Physical bullying can include hitting, kicking, pushing, shoving, pinching, demeaning acts, and destroying or stealing another person's property.

Verbal bullying includes teasing, name calling, mocking, taunting, racial slurs, sexual comments, and aggressive threats.

Relational bullying or social cruelty makes the bullied student feel worthless through ignoring, isolation, exclusion, or shunning. It can involve gossiping, spreading rumors, and the manipulation of others for social gain.

Cyberbullying involves the use of the internet or cell phones to send intentionally hurtful or hostile comments or pictures repeatedly to an individual or group.

Warning Signs of Being Bullied

- Appears sad, anxious, depressed or moody
- Complaints of headaches, stomach pains, seems afraid to go to school
- Sleeps poorly or has bad dreams
- Loses interest in school work or other activities
- Suffers from low self-esteem
- Has few friends, is quiet, sensitive, withdrawn
- Comes home from school with torn or dirty clothing or missing belongings
- Has unexplained cuts, bruises, scratches

Warning Signs of Bullying Others

- Teases, threatens, hurts, excludes other students
- Is hot-tempered, impulsive, aggressive, may have a hard time following rules
- Seems to enjoy the power from putting others down; shows little or no empathy for others
- Is always determined to win, has trouble losing
- Hides negative behaviors, denies responsibility when discovered, or blames others for personal problems

If Your Child is Being Bullied

- Let them know the bullying is not their fault and you will do what you can to make sure it stops
- Find out details about what has been happening
- Don't encourage retaliation of any kind, this may make the situation worse
- Discuss appropriate ways of dealing with the bullying
- Tell your child to report all bullying immediately to you or an adult at school
- Help your child make new friends
- Contact a teacher, counselor, or principal at your child's school

If Your Child Witnesses Bullying

- Tell your child not to join or laugh in the bullying
- Teach your child how to support the bullied child in a safe way (talking with, listening to, and spending time with the student bullied)
- Have your child include others in their games activities
- Explain the importance of reporting all bullying to an adult at school and an adult at home

If Your Child is Bullying Others

- Make it clear that you take bullying seriously and that it is not acceptable
- Be a role model of nonaggressive and kind behavior
- Use clear and consistent rules and consequences for your child's behavior
- Help get your child involved in pro-social activities
- Work with the school to help your child