

## Bullying

### Behavioral Health Tips

Bullying is the repetitive, unwanted and negative behavior by a person or group who are perceived as more powerful, over a prolonged period of time. It can be physical, verbal or relational, can use exclusion or intimidation, and can occur in real life or online. Up to 20% of middle school and high school students report a history of being bullied at school, during school activities or to or from school. Bullying affects both the victim and the bully. Victims experience physical injury, difficulty concentrating, physical symptoms of emotional distress (i.e. nausea, stomach aches), anxiety or depression, self-esteem issues, and increased school absenteeism. Bullies experience transient feelings of power and importance, but in the long-term do far less well in maintaining relationships and social bonds than their non-bullying peers. Some bullying is overt and other bullying is less so. Children and adolescents who feel well connected to their family and peer support symptoms are more likely to report bullying and receive attention for it earlier.

#### **Warning Signs:**

Bullying can effect children and adolescents in many ways. While physical injuries are often easier to uncover, emotional effects are often more difficult for outsiders to notice. Direct conversations with children and adolescents are helpful at times, but parents should also consider monitoring social media and phone use for pattern changes. Children and adolescents who are bullied often attempt to avoid situations where bullying occurs, so sudden decisions by children that they do not want to go to school or attend school activities should be looked at.

#### **How Parents Can Help:**

Parents can help by recognizing the warning signs and understanding what is and what is not considered bullying. If bullying is suspected, children and adolescents should be engaged in a non-judgmental way as the embarrassment of being bullied often pushes children and adolescents to attempt to ignore or deny its occurrence. Parents should try to get details of what happened. Parents should speak with school teachers and administrators about how best to help victims stay safe. School staff can also help monitor bullying situations when parents are typically not around. Working with children and adolescents to devise a plan can be helpful but child and adolescent fears about the bully learning of the plan should not prevent an effective strategy from being

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### For more information

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#### **Cohen Children's Medical Center**

Pediatric Behavioral Health Emergency Service  
Ground Floor, Cohen's Emergency Room  
**718-470-3768**

Pediatric Behavioral Health Urgent Care  
269-01 76<sup>th</sup> Avenue, Suite 161  
New Hyde Park, NY 11040  
**718-470-3148**

Pediatric Behavioral Health- Rockville Centre  
100 Merrick Road  
Rockville Centre, NY 11570  
**516-927-1630**

Pediatric Behavioral Health- Mineola  
156 First Street  
Mineola, NY 11501  
**516-321-5770**

Pediatric Behavioral Health- Mineola  
156 1<sup>st</sup> St  
Mineola, NY 11501  
**516-321-5770**

Pediatric Behavioral Health- Commack  
2171 Jericho Tpke, Suite 345  
Commack, NY 11725  
**631-775-3280**

launched. At times parents may feel that the school is not addressing the situation adequately. In this case they can escalate concerns to the Department of Education. Please contact the U.S. Department of Education Office of Civil Rights only if your complaint is serious and/or life threatening and you have exhausted all possibilities with your school and school district. Complaints: U.S. Department of Education Office of Civil Rights Telephone at 800/421-3481

# Pediatric Behavioral Health

## Additional Resources:

<https://www.stompoutbullying.org/what-do-if-your-child-being-bullied-and-resources>

Stop Bullying: <https://www.stopbullying.gov/>

National Bullying Prevention Center:

<http://www.pacer.org/bullying/resources/>

<https://www.common sense media.org/lists/books-about-bullying>

<http://www.bullying.org/index.cfm>

AACAP Facts for Families

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Bullying-080.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Bullying-080.aspx)

Child Mind Institute

<https://childmind.org/>

Cohen's Children's Medical Center Bullying Outreach

[Childrenshospital.northwell.edu/about-us/community-outreach/stopping-bullying](http://Childrenshospital.northwell.edu/about-us/community-outreach/stopping-bullying)

## Books:

*Queen Bees and Wannabes* by Rosalind Wiseman

*Masterminds & Wingmen* by Rosalind Wiseman

*The Bully, The Bullied, and the Not-So-Innocent Bystander* by Barbara Coloroso

*Talking Back to Facebook: The Common Sense Guide to Raising Kids in the Digital Age* by James P. Steyer

## Apps:

KnowBullying by SAMSHA

Bully Button

ReThink – Stop Cyberbullying

Take a stand together