Bullying Awareness for Families and Caregivers



Bullying can take many forms and can have detrimental effects on children. When families and caregivers are able to identify signs that their child might be experiencing bullying or be engaging in bullying behavior, they can better support their child and get them the help they need.

The following are types of bullying children could experience and warning signs that families and caregivers can look out for.

Some forms of bullying include the following:

PHYSICAL BULLYING

Physical bullying involves:

- Shoving, kicking, punching, or other forms of physical violence
- Destruction of one's personal belongings
- Stealing victim's personal belongings





VERBAL BULLYING

Verbal bullying includes:

- Name-calling
- Mocking and put-downs
- Verbal abuse

RELATIONAL BULLYING

Relational bullying can be more subtle and can look like the following:

- Excluding a child from a friend group or event where everyone else was invited
- Spreading rumors about a person that damages the person's reputation or social standing.
- Preventing others from speaking to or associating with a person.





CYBERBULLYING

Cyber bullying is bullying or harassment that happens online and can include:

- Sending derogatory or threatening messages, images, or verbal abuse via text messages or social media to a targeted individual.
- Sharing unflattering photos or videos of another individual with the intent to cause shame, humiliation, intimidation, or mock an individual
- Using social media to create and spread rumors about a person that are distressing to that individual.

© rethinkEd 2022

Bullying Awareness for Families and Caregivers

WARNING SIGNS OF BULLYING

The following are signs your child may be experiencing bullying:

- Starts avoiding school or finding excuses to miss
- Changes in personality
- Low self-esteem or self-view
- Isolates from their support system
- Unexplained cuts, bruises, or damaged property
- Lower academic performance
- Change in sleeping pattern
- Changes in appetite or eating habits
- Increased anxiety
- Frequent nightmares
- Takes a longer route to school
- Frequent crying spells, irritability, or mood swings

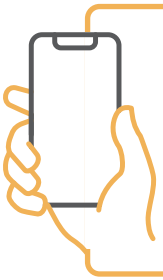
The following are signs your child may be engaging in bullying behaviors.

- Has difficulty making or keeping friends
- Referrals for discipline related to the treatment of others.
- Expressing they view violence as an acceptable means to resolve conflict
- Difficulty respecting boundaries
- Difficulty regulating emotions such as anger
- Lack of prosocial behaviors and empathy
- Defiant or oppositional towards adults
- A pattern of subduing or coercing others to get their way

Remember that children may bully for various reasons, including peer pressure. Children's behavior can change for the positive with support and consistency.



Speak to your child and seek the support of your child's school and a mental health expert if your child is showing signs of bullying or being bullied.



Resources:

National Suicide Prevention Lifeline

1-800-273-8255

https://suicidepreventionlifeline.org/

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

© rethinkEd 2022