

Bullying Myths and Getting Help

Common Bullying Myths and Facts

Myth: Bullying is part of growing up.

Fact: Bullying does not happen to all kids. Kids should be able to grow up and feel safe. Research shows that kids, parents, schools and healthcare teams working together can stop bullying.

Myth: Cyberbullying is not as serious as other types of bullying.

Fact: Cyberbullying can hurt a child's mental health and should be taken seriously. It can happen at any time, day or night. Because of phones, social media and messaging apps, it can be hard to get a break from it.

Myth: Kids should deal with it on their own.

Fact: Most kids do not have the skills to deal with bullying on their own. They need help from trusted adults. Adults can support the child being bullied and the child bullying others. Finding out what is causing the behavior can help stop bullying. Children need to feel safe, heard and supported.

Myth: Fighting is the best way to stop bullying.

Fact: Fighting may seem to work at first, but this could make it worse later. The best way to handle bullying is to stay calm and ignore it, walk away and tell a trusted adult.

When to Get Professional Help with Bullying

Get help if bullying is affecting your child's well-being. Signs your child may need extra support include:

- Feeling sad, worried or upset often
- Missing school
- Trouble sleeping
- Problems with friends or family

Steps to Get Help:

1. Talk with your child's school. They may have resources to help.
2. Talk with your child's doctor or a mental healthcare provider for support.
3. Look for local resources that focus on bullying or youth mental health.

To access mental and behavioral health care, visit the [Craig Yabuki Mental Health Center](#) webpage.

