

Is Your Child Involved in Bullying?

What is Bullying?

Bullying is when someone hurts another person on purpose, more than once.

Bullying includes:

- **Power difference:** The child who bullies has more power. They might be stronger, older, or more popular.
- **Repeated behavior:** It usually happens more than once.
- **Done on purpose:** The child means to hurt someone. Accidents are not a form of bullying.

Signs Your Child May Be Being Bullied

Watch for changes in your child. Ask questions like:

- “Did anything at school make you feel sad or scared?”
- “Do you ever feel scared to go to school?”

Possible Signs of Bullying:

- Unexplained injuries or bruises
- Lost or ruined clothes, books, schoolwork, art or toys
- Headaches or stomachaches
- Pretending to be sick so they do not have to go to school
- Changes in eating, like skipping meals or eating a lot
- Lower grades or not wanting to go to school
- Losing friends or being left out
- Acting angry after school
- Nervous habits like chewing nails or pulling out hair
- Acting more shy, scared or fearful

How to Get Help

Do not ignore bullying.

If it happens at school:

1. Talk to your child’s teacher.
2. If it keeps happening, talk to the school counselor, principal, or superintendent.

If the bullying happens outside of school:

- Talk to the adult in charge, like a coach or group leader.



Signs Your Child May Be Bullying Others

Stay involved in your child's life. Look for changes in your child.

- Go to school meetings.
- Watch how your child treats others.
- Ask about their day, friends, and activities.

A child may be bullying others if they:

- Are being bullied themselves
- Get into fights
- Have friends who bully others
- Blame others for their problems
- Make excuses for their actions
- Test limits or break rules
- Try to control people or situations

If Your Child Needs to Talk to Someone

If your child is being bullied, or is bullying others, they may need to talk to someone.

You can:

- Ask the school about support services.
- Talk to your child's doctor or health care providers.
- Look for counseling or community resources.

Repurposed from <http://www.stopbullying.gov>. More information for parents and caregivers, children and educators may be found at this site.

