

## IF HE WON'T TELL ME, THEN HOW WILL I KNOW?

Recognize the symptoms of a child who is the TARGET or VICTIM of bullying:

- Unexplained bruises, cuts, scratches
- Ripped, damaged or missing clothing or belongings
- Unexplained reluctance to go to school
- Fearfulness or unusual anxiety
- Nightmares or bad dreams
- Socially isolated—few (if any) real friends
- Unusually sad, depressed, irritable

## WHAT CAN I DO?

If you suspect your child is being bullied, talk with him/her.

- Assure your child that the bullying is NOT his/her fault.
- LISTEN CAREFULLY to his/her report. Take the problem seriously, but be careful not to over-, or under-, react.
- Keep a log of the who, what, when, where of each incident, including who might have witnessed the incident. This will be helpful if you decide to take further action.

## WHAT IF I SUSPECT THAT MY CHILD IS THE BULLY?

Children who bully often have difficulty following rules; may be impulsive, hot-headed, easily angered; lack empathy; want power over others; intimidate siblings or other children; show defiant or aggressive behavior towards adults, including parents and teachers.

If your child is the BULLY:

- Hold him/her responsible for his/her choices and actions.
- Make it clear that you will not tolerate bullying behavior.
- LISTEN CAREFULLY: bullies are often good at manipulating adults.
- Explore reasons for your child's negative behavior.
- Have appropriate consequences for the behavior.
- Spend more time with your child. MODEL tolerance and caring.
- Teach him/her ways to resolve arguments without violence.
- Reward your child for positive, caring actions.

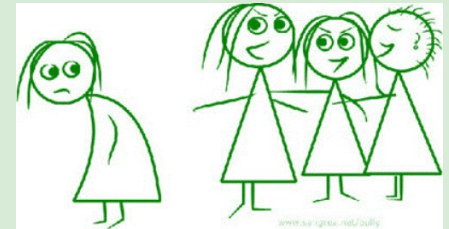
FOR MORE INFORMATION, or TO SCHEDULE A SPEAKER, CONTACT:



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# What Every Parent Should Know About BULLYING



A resource developed by





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*Six-year old Lisa cries herself to sleep at night because the other girls in her class call her “ugly” and won’t let her play with them...*

*Eleven-year old Tate regularly comes home with ripped or dirty clothes, and today he had a bruise on his arm. He says it happened in gym class, but his mood has changed in the past few weeks...*

*Fifteen-year old Kayla is always texting, and she never has her friends over to the house like she used to. You worry when her grades start slipping...*

**Could these children be victims of bullying?**

**The answer is “YES.”**

## WHAT IS BULLYING?

BULLYING is **aggressive behavior** that is **intentional**, and involves an **imbalance of power or strength**. It is often repeated over time.

The behavior can be:

- Physical
- Verbal/Emotional
- Social Exclusion
- Electronic (“cyber-bullying”)

Both boys and girls bully, and both boys and girls are victims of bullying. Bullies choose their victims because the target is different in some way...physically bigger or smaller, race, religion, gender identification, disability, or because of psychological traits.



***Bullying is not just a “Rite of Passage”...***

It is a serious problem. In fact, about 160,000 children per day in the U.S. miss school to avoid being bullied.

## WHAT ARE THE CONSEQUENCES

### OF BULLYING?

- The child may fear going to school.
- A child who is bullied is more likely to become depressed, lonely, anxious, have low self-esteem and more physical ailments.
- The stress of being bullied interferes with learning.
- Bullying creates a climate of fear in other children, who wonder, “Will I be next?”

## WHY DOESN'T MY CHILD ASK ME FOR HELP?

Most children won't tell you OR their teachers about the bullying, because:

- They fear the bullying will get worse.
- They think no one will believe them.
- They are embarrassed or humiliated.
- They don't want to be a “tattletale”.
- They are afraid they will, in some way, be blamed.

