

Warning signs that child may be a target of bullying...

- Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs.
- Some signs that may point to a bullying problem are:
 - Frequent headaches or stomach aches, feeling sick or faking illness.
 - Changes in eating habits, like suddenly skipping meals or binge eating.
 - Falling asleep in class due to difficulty sleeping or frequent nightmares.
 - Declining grades, loss of interest in schoolwork, or not wanting to go to school.
 - Sudden loss of friends or avoidance of social situations.
 - Feelings of helplessness or decreased self esteem.
 - Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide.
 - Sudden change in use of electronics (turning phone off, not using computer, avoiding use of social media).



Warning signs that a child may be exhibiting bullying behavior...

A child who bullies others may exhibit some of the following behaviors:

- Frequent name-calling (for example, describing others as wimps, stupid, “fag”, “slut”, etc.)
- A constant need to get his/her own way
- Always blaming others
- A lack of empathy for others
- A defiant or hostile attitude
- An increasingly aggressive demeanor



What should I do if I am concerned my child is being bullied?



- **Start Talking and Asking Questions** – “I’m worried about you”, “What’s going on”, “I’m noticing changes”.
- **Listen and Affirm** – Hear what your child is saying, avoid judgment, affirm their feelings.
- **Take Notes** – “Who was involved?” “Where did this happen?” “Has this happened before?” “When did it occur?” If it is cyber bullying, take screen shots and photos of computer screens with evidence of bullying.

What should I do if I am concerned my child is being bullied?—cont'd



- **Provide Coaching** – Work with your child to discuss strategies and problem solve just like you would in peer conflict, but let them know you may need to involve additional people to help.
- **Talk to Your Child's Teacher(s)** – If the problems are occurring in class, set an appointment and discuss what's going on; ask questions; ask for feedback; work together on a plan.
- **Talk with Counseling and/or Administration** – if the problems aren't occurring within a specific class.