



Bullying is when kids hurt or scare other kids on purpose.

Bullying can hurt everyone.

Kids who are bullied sometimes have a hard time standing up for themselves

---

## WHAT IS BULLYING

Bullying is a widespread and serious problem that can happen anywhere. It is not a phase children have to go through, it is not “just messing around”, and it is not something to grow out of. Bullying can cause serious and lasting harm.

Although definitions of bullying vary, most agree that bullying involves:

- Imbalance of Power: people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves
- Intent to Cause Harm: actions done by accident are not bullying; the person bullying has a goal to cause harm
- Repetition: incidents of bullying happen to the same the person over and over by the same person or group

## RECOGNIZE THE WARNING SIGNS

There are many warning signs that could indicate that someone is involved in bullying, either by bullying others or by being bullied. However, these warning signs may indicate other issues or problems, as well. If you are a parent or educator learn more about talking to someone about bullying.

### BEING BULLIED

- Comes home with damaged or missing clothing or other belongings
- Reports losing items such as books, electronics, clothing, or jewelry
- Has unexplained injuries
- Complains frequently of headaches, stomachaches, or feeling sick
- Has trouble sleeping or has frequent bad dreams
- Has changes in eating habits
- Hurts themselves
- Are very hungry after school from not eating their lunch
- Runs away from home
- Loses interest in visiting or talking with friends



Bullying is when kids hurt or scare other kids on purpose.

Bullying can hurt everyone.

Kids who are bullied sometimes have a hard time standing up for themselves

### BEING BULLIED cont...

- Is afraid of going to school or other activities with peers
- Loses interest in school work or begins to do poorly in school
- Appears sad, moody, angry, anxious or depressed when they come home
- Talks about suicide
- Feels helpless
- Often feels like they are not good enough
- Blames themselves for their problems
- Suddenly has fewer friends
- Avoids certain places
- Acts differently than usual

### BULLYING OTHERS

- Becomes violent with others
- Gets into physical or verbal fights with others
- Gets sent to the principal's office or detention a lot
- Has extra money or new belongings that cannot be explained
- Is quick to blame others
- Will not accept responsibility for their actions
- Has friends who bully others
- Needs to win or be best at everything

### IF YOU ARE BEING BULLIED PLEASE SPEAK TO ONE OF THE FOLLOWING:

Someone is at immediate risk of harm because of bullying	Call the police 911
Your child's teacher is not keeping your child safe from being bullied	Contact local school administrator (principal or superintendent)
Your child is sick, stressed, not sleeping, or is having other problems because of bullying	Contact your doctor or other health professional
Kids help Line	1-800-668-6868



Bullying is when kids hurt or scare other kids on purpose.

Bullying can hurt everyone.

Kids who are bullied sometimes have a hard time standing up for themselves

---

### A Message to our Parents

If you suspect that your child is being bullied at school, then you need to trust your instincts. Schools are a great place for bullies to build their reputation of power and control.

First, let your child know that you believe that something is wrong. Don't try to "bully" the information out of your child. Be patient. Promise that you will not make the situation worse. Do not promise to keep it a secret, or that you will not report the problem. Do promise that you will not do anything without your child knowing what you are going to do. Be sure that your child knows that this situation will not get better on it's own, and that appropriate adult intervention is needed.

Second, contact the school, once you know what the issue is. Before identifying yourself, ask what the school's policy is on keeping kids safe once they have reported a bullying incident. Do not give out any information until you have a satisfactory answer to that question. If the school does not have an answer for you, ask when you can call get to get an answer. Do not go charging into the school demanding justice. This will only make the situation worse for your child, and will likely embarrass him or her.

Third, set up a meeting to problem solve your way through this situation with your child and members of the school faculty, including the teacher and the counselor. Your goal must be getting this situation solved, rather than seeking revenge. This is a highly emotional time for parents, and there is NOTHING tougher than seeing your child hurting because of another's actions. Your child deserves to feel safe and welcome at school. Be sure to keep that the focus in the meeting.

Finally, once a plan has been set, check in with your child regularly, and the school periodically. Keep in touch with all of the support people. Trust your instincts with your child, and let the school know if the plan is not working