

Talking To Your Kids About Bullying

What is Bullying?

Bullying happens when a person or group of people have aggressive and unwanted behavior towards another person. Bullies use an imbalance of power, like physical strength, embarrassing information or popularity multiple times.

Did you know that between 1 in 5 U.S. students say they have been bullied at school?

Most bullying happens in middle school. The most common bullying is verbal and social. Bullying is not a normal part of growing up. You can help your child by paying attention to what is going on at home and at school. If your child starts fearing going to school or an activity, find out why.

What does bullying look like?

- Name calling.
- Hitting, kicking, pinching.
- Sexual harassment.
- Mean or false emails, text messages.
- Rude hand gestures.
- Spreading rumors.
- Teasing/threats.
- Leaving someone out on purpose.
- Embarrassing someone in public.
- Stealing or breaking someone's things.
- Sending, posting, or sharing harmful, false, or mean content about someone over the internet/ social media.

What to tell a child who is being bullied:

- Speak up to bullies. Tell them to leave you alone.
- Walk with a friend before, during and after school.
- Tell a trusted adult you are being bullied.
- Do not fight back. Do not cry. Try to stay calm and walk away.
- Use humor or agree with the person bullying you to get you away from the situation.
- Sit with others during school breaks and lunchtime.

For More Information

www.kidshealth.org

www.bullyfree.com

www.stopbullying.gov

www.kidpower.org

www.aboutspecialkids.org