

Is my child being bullied?

Bullying is unwanted, aggressive behavior among children and teens that involves a *real or perceived power imbalance*. The behavior is *repeated, or has the potential to be repeated*, over time.

Signs that your child is being bullied may include: unexplainable injuries; lost or destroyed possessions; feeling sick or faking illness, and changes in eating habits. Kids may come home from school hungry because they did not eat lunch. Other signs may include: difficulty sleeping or frequent nightmares; declining grades; loss of interest in schoolwork or not wanting to go to school; sudden loss of friends and avoidance of social situations; decreased self-esteem, and self-destructive behaviors such as harming themselves or talking about suicide.

(stopbullying.gov)

Types of bullying include:

Verbal Bullying	Social Bullying	Physical Bullying	Cyber-bullying
<ul style="list-style-type: none"> • saying or writing mean things • teasing • name-calling • inappropriate sexual comments • taunting • threatening to cause harm 	<ul style="list-style-type: none"> • hurting someone's reputation or relationships • leaving someone out on purpose • telling other children not to be friends with someone • spreading rumors about someone • embarrassing someone in public 	<ul style="list-style-type: none"> • hurting a person's body or possessions • hitting, kicking, pinching, spitting, tripping or pushing • taking or breaking someone's things • making mean or rude hand gestures 	<ul style="list-style-type: none"> • sending mean text messages or emails, or mean postings on social networking sites • posting embarrassing pictures, videos, websites, or fake profiles

(Safeyouth.org)



How can I support my child?

- Listen and focus on the child. Never tell the child to ignore the bullying. Assure the child that bullying is not their fault.
- *Do not tell the child to physically fight back against the kid who is bullying.*
- Consider referring the child to a school counselor, psychologist, or other mental health service.
- *Work with the child to understand some of the reasons he or she bullied.* Discuss how sometimes children bully to fit in. Sometimes children feel ashamed of their differences and use bullying to hide these insecurities. Other times kids act out because something else—issues at home, abuse, stress—is going on in their lives. They also may have been bullied.
- *Work together on an anti-bullying plan.* This may involve role-playing and thinking through how the child might react if the bullying occurs again.
- *Work together with the school to resolve the situation and protect the bullied child.* This can include your child's teacher, and follow-up with the school's principal, if needed. Contacting the school's superintendent may also be appropriate, and you can obtain the contact information on the school's website. Parents should resist the urge to contact the other parents involved. It may make matters worse, and school or other officials can act as mediators between parents.
- Remember that children who witness bullying are affected too. Speak to your child about his or her experiences at school, and provide support as needed.
- Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

(stopbullying.gov)

Additional Resources:

Bullying.org: <http://www.bullying.org/> - Connect with others, hear from experts, and download resources.

NS Teens: <http://www.nsteens.org/> - Helping teens make safe choices online – includes information on cyber-bullying.

Stop Bullying.gov: <http://www.stopbullying.gov/index.html> - Bullying prevention - resources for adults, educators, community members, teens, and kids.

Stomp Out Bullying: <http://stompoutbullying.org/> - Leading anti-bullying and cyberbullying organization for kids and teens.

National Youth Violence Prevention Resource Center (NYVPRC):

<http://www.cdc.gov/violenceprevention/youthviolence/> - Prevention strategies to reduce instances of youth violence including bullying, slapping, hitting, assault, and robbery.

Turning Point: <http://www.turningpointmacomb.org/> - Services to end domestic and sexual violence.

Connect Safely: <http://www.connectsafely.org/> - Provide education about online safety, privacy, and security.

Arvada Therapy Solutions- 5400 Ward Rd. Bldg. 4, Suite 100, Arvada, CO 80002 – Phone: 303-519-0620- Sybil Cummin, MA, LPC

Please call Arvada Therapy Solutions directly for information about bullying support groups.

