

Matching Assistance

Bullying

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What to do if you think/know your child is being bullied:

- Talk with your child, and express your desire to help.
- Empathize with your child, and tell them that bullying is wrong and it is not their fault.
- Work together with your child to find solutions. Reassure them that it can be handled privately.
- Document the ongoing bullying.
- Help your child develop skills and strategies for handling bullying.
- Be persistent; do not let the problem go.
- Be aware of other possible problems your child may be having.
- Work with your child's school: understand school policies; communicate with teachers and the school counselor; seek advice; talk regularly with school administration to make sure it is being handled and the bullying has stopped.

What **not** to do:

What is bullying?

Bullying involves an imbalance of power, intent to cause harm, and repetition. It is a widespread and serious problem, and can happen anywhere. It can cause serious and lasting harm.

Types of bullying:

-Verbal:

this includes name-calling and teasing.

-Social:

spreading rumors, leaving people out on purpose, and breaking up friendships. This type of bullying is the most common amongst girls.

-Physical:

pushing, shoving, hitting.

-Cyberbullying:

this is a recent form of bullying that has shown up with the rise of technology and the Internet. Cyberbullying can take place online, in chat rooms and social media websites. It can also take place via cell phones and other digital technological device.

Signs your child may be being bullied:

- They come home with damaged or missing clothes.
- They report that they have lost items such as clothes, jewelry and books.
- They have unexplained injuries.
- They have trouble sleeping, or nightmares.
- They have a change in eating habits, or they come home from school hungry because they did not eat lunch.
- They hurt themselves, or talk about suicide.
- They lose interest in talking and socializing with friends, have fewer friends, or are afraid of going to school or taking part in activities with peers.
- They appear moody, sad or depressed when returning home from school.
- They feel helpless, engage in self-blame behaviors for problems, or feel that they are not good enough.
- They avoid certain places.

-Never tell your child to ignore the bullying; this may communicate to them that you do not care and are dismissing the problem.

-Do not blame your child for being bullied.

-Do not call the parents of the student(s) who are bullying your child; this should be left up to the school.

-Do not encourage your child to harm the student(s) who are bullying him/her.

-Do not expect a solution on the spot.

Children who are bullied tend to be:

- Sensitive.
- Socially withdrawn. They may think poorly of themselves, or they may have a quiet temperament.
- Anxious.
- Passive. They often let other people be in control and do not stand up for themselves.
- More likely to get depressed.

Children who are bullied are not to blame for attacks against them. Make sure your child understands this.

Boys are more likely than girls to be bullied in both physical and psychological ways.

In some cases, a child who is bullied sometimes ends up bullying others. These children often respond to being bullied by feeling anxious and aggressive. Without knowing how to handle these feelings, they target other children who they think will not fight back.

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