



BULLYING

A Parent's Quick Reference Guide to Recognizing and Preventing Bullying

This quick reference guide provides information for parents about bullying and the warning signs associated with bullying. Below are indicators to know if a child is being bullied or if a child is bullying others.

How can I tell if my child is being bullied?

Your child may be the victim of bullying if he/she:

- ≈ Comes home from school with torn or dirty clothing, or damaged books
- ≈ Has cuts, bruises, or scratches
- ≈ Has few, if any, friends to play with
- ≈ Seems afraid to go to school, or complains of headaches or stomach pains
- ≈ Doesn't sleep well or has bad dreams
- ≈ Loses interest in schoolwork
- ≈ Seems sad, depressed, or moody
- ≈ Is anxious or has poor self-esteem
- ≈ Is quiet, sensitive, or passive

If your child shows several of these warning signs, it is possible he or she is being bullied. You may want to talk to your child to find out what is troubling him or her, and schedule a conference to discuss your concerns with school staff.

How can I tell if my child is bullying others?

Your child may be bullying others if he/she:

- ≈ Teases, threatens, or kicks other children.
- ≈ Is hot-tempered or impulsive, or has a hard time following rules
- ≈ Is aggressive toward adults
- ≈ Is tough or shows no sympathy for children who are bullied
- ≈ Has been involved in other antisocial behavior, such as vandalism or theft

If your child shows several of these warning signs, it's possible that he or she is bullying others. You may want to spend some extra time talking with your child about his or her behavior, and schedule a conference to talk about the issue with school staff.