

Positive Parenting

BULLYING

Has your child ever been a victim?
Would your child know what to do?

DEFINITION

Bullying is the act of physically or emotionally threatening a victim who is less powerful. Bullying also damages the bully who learns to use violence.

SIGNS OF BULLYING	RESULTS OF PERSISTENT BULLYING
<ul style="list-style-type: none">• Fear of going to school• Feeling ill in the morning• Coming home with torn or dirty clothes• Unexplained bruises• Refusal to say what's wrong• Lost possessions or lunch money• Crying themselves to sleep or nightmares	<ul style="list-style-type: none">• Sadness or depression• Poor self-esteem• Shyness• Academic difficulties• Social isolation• Becoming aggressive and unreasonable• Threatening or attempting suicide

What Parents Can Do

- Take the problem seriously and try to solve it with your child.
- Listen to and discuss what your child has to say.
- Brainstorm possible solutions with your child.
- Reassure them that the bullying is not their fault.
- Practice saying “no” very firmly and walking away.
- Practice simple responses to the bully’s comments.
- Decrease opportunities for bullying to occur; stay with a group.
- Impress on the child that their personal safety is more important than possessions.
- Encourage them to do something they are particularly good at.
- Contact the school for support.
- If the problem continues, contact the police.