

What is Bullying?

- Bullying is when one or more children intentionally make another child feel less powerful or important.
- Bullying can be physical, verbal, social and/or cyber.
- Bullying can and does happen everywhere – no one is immune to bullying.

Talk to Your Child about Bullying

- Open, honest and comfortable communication is critical – talk about bullying.
- Ask your child the following questions...
 - *Who did you have lunch with today? Who did you play with at recess?*
 - *Do you ever notice any kids that get left out or teased?*

How to Recognize if Your Child is...

Being Bullied:

- Does not want to go to school and has few friends;
- Has difficulty concentrating on schoolwork;
- Is missing personal belongings; and/or
- Has trouble sleeping or eating.

A Bully:

- Has positive views toward violence;
- Acquires new possessions and/or money that cannot be explained;
- Has a home life that has verbal and/or physical aggression and/or low parental involvement;
- Has a social circle that accepts bullying;
- Has a marked need to control and dominate others and situations; and /or
- Is hot-tempered, impulsive, easily frustrated, often breaks rules and has trouble accepting responsibility for actions.

Dealing with the Problem

- If your child is the bully, talk to him/her about role-reversal and how the other child is feeling. Require your child to apologize to the child bullied. Let your child know that bullying is **unacceptable** and provide a consequence.
- If your child is being bullied, help your child practice being assertive and staying in control.
- Teach by example – have your child see you solve a conflict assertively, not aggressively.
- If your child is being bullied or is the bully, continue to follow up and to stay in touch with the school. Do not handle this on your own or assume that because your child has stopped talking about it that everything has been resolved.
- **Seek professional help immediately if you have concerns about depression, anxiety and/or suicidal ideation/attempts.**

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