

Bullying Warning Signs

Bullying is a concern with children of all ages. Know how to spot the warning signs and how to start a conversation with your child about bullying.

Pay attention to your child's behavior for warning signs of bullying. Keep in mind that a child can engage in bullying and be bullied.

Signs of being bullied

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics or jewelry
- Feeling sick or faking illness
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Self-destructive behaviors such as running away from home, self-harm, or suicidal ideation

Source: *StopBullying.gov*, <https://www.stopbullying.gov/bullying/warning-signs>

Signs of bullying others

- Gets into physical or verbal fights
- Has friends who bully others
- Gets sent to the principal's office or to detention frequently
- Has unexplained extra money or new belongings
- Blames others for their problems
- Doesn't accept responsibility for their actions
- Is competitive and worries about their reputation or popularity
- Is increasingly aggressive—hitting, threatening, screaming

Tips for Starting a Conversation

If you suspect your child is bullied, is bullying, or may be a bystander, start by asking questions.

- How has school been lately?
- What do you think of other kids in your class?
- Are there any kids who get picked on?
- What is lunchtime/recess/homeroom like?

Source: *American Academy of Pediatrics: Bullying: It's Not OK*, <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Bullying-Its-Not-Ok.aspx>

Helping Your Child Resist Bullying

If your child expresses concern about bullying in their school, you can help them learn behaviors to protect themselves and their classmates.

If your child is being bullied

What to say:

Stay calm. Tell your child it is not their fault, and you will listen and help however you can.

What to teach:

Practice saying, "Stop it," in a calm, firm voice. Use a mirror to practice standing tall and looking unbothered. Ignore the bully by walking away or pretending to text.

What to do:

- Support activities that interest your child. Provide opportunities for your child to socialize with other children.
- Discuss with your child what will make them feel safe. Involve your child in the decision to alert school officials.
- Keep a log of any bullying events that occur.

