

Bullying Prevention Tips for Parents

What is bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Types of Bullying

Physical Bullying

- Punching
- Pushing
- Shoving
- Kicking
- Inappropriate touching
- Tickling
- Headlocks
- School pranks
- Teasing
- Fighting

Verbal Bullying

- Directing profanity at the target
- Tormenting
- Threatening
- Name calling

Emotional Bullying

- Spreading malicious rumors about people
- Getting certain people to “gang up” on others
- Silent treatment

Cyberbullying

- Is any bullying done through the use of technology (calling, texting, emailing, using social media such as Facebook)

Effects of Bullying

Bullying is linked to many negative outcomes including depression and anxiety, substance use, and suicide. People who are bullied may have decreased academic achievement and school participation and are more likely to miss, skip, or drop out of school. Even those who witness bullying can experience similar negative outcomes. It is important to talk to your children to determine whether bullying—or something else—is a concern.

Warning Signs of Bullying

- Comes home with damaged or missing clothing or other belongings
- Reports losing items such as books, electronics, clothing, or jewelry
- Has unexplained injuries
- Complains frequently of headaches, stomachaches, feeling sick, trouble sleeping or has frequent bad dreams
- Has changes in eating habits (may be very hungry after school from not eating their lunch)
- Loses interest in visiting or talking with friends
- Is afraid of going to school or other activities with peers, suddenly has fewer friends
- Loses interest in school work or begins to do poorly in school
- Appears sad, moody, angry, anxious or depressed when they come home
- Feels helpless, hurts themselves, or talks about suicide
- Blames themselves for their problems and often feels like they are not good enough
- Avoids certain places

How Can Parents Help?

- Communicate with the school
- Let the school know the who, what, when, where of the bullying
- Let school officials contact the other student’s parents
- Be supportive
- Listen, get the facts, assess your child’s feelings
- Let your child know it’s not his/her fault
- Praise your child for discussing the bullying
- Find out what your child feels he/she needs to feel safe
- Encourage and support your child in making friends
- Talk regularly with your child and the school to assess if the bullying has stopped
- Ask your child’s counselor for support and resources

Resources

Report It! Students can fill out a bullying report form that is available in Student Services, the Main Office, or on the Student Services website. Click here for the [Report Form](#). Students can file the report anonymously if they choose.

Learn More! <http://www.stopbullying.gov>