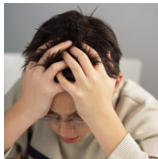


Signs of Bullying

Warning signs that your child is being bullied:

- Damaged or missing clothing, books or other belongings
- Unexplained injuries
- Few, if any friends, with whom he or she spends time
- Seems afraid of going to school, walking to and from school, riding the school bus or taking part in organized activities with peers
- Loses interest in school work or suddenly begins to do poorly in school
- Appears sad, moody, teary or depressed when he or she comes home
- Complains frequently of headaches, stomach pains or other physical ailments
- Trouble sleeping or has frequent bad dreams
- Changes in eating habits
- Appears anxious and suffers from low self-esteem
- Hurts themselves
- Runs away from home



My child might be bullying others - warning signs:

- Physical or verbal fights
- Frequently sent to the principal's office or detention
- Extra money or new belongings that cannot be explained
- Is quick to blame others

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What Parents Can Do

At home:

Talk with your child and show interest in their school life. Ask your child what is happening in school and ask them specific information about their day.

If your child is being targeted, be careful not to convey that something is wrong with them or that they deserve such treatment.

Teach your child to be assertive, not aggressive. A bully often is looking for an indication that their threats and intimidation are working.

Be patient and be prepared to spend time with your child, encouraging him/her to develop new or bolster existing friendships. Friends often serve as buffers to bullying.

At your child's school:

Help your child's school address bullying effectively. Ask teachers and administrators the school policy for handling incidents of bullying or harassment.

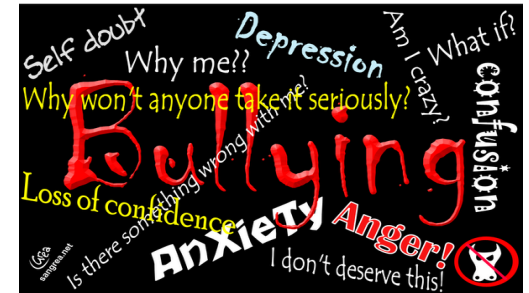
Ask to be notified should your child become involved in an incident.

Report any incidents that do occur and keep good records.

If the problem persists or escalates, you may need to contact local law enforcement officials.

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Bullying is serious and can lead to lasting harm



An Informational Guide to Help Stop Bullying

Family Connection

2 Walker Run
Alabaster, AL 35007
205-664-CARE

*Strengthening Communities by
Building Strong Youth and Families*



www.familyconnection-inc.org

What Is Bullying?

Bullying is aggressive behavior that is intentional and involves an imbalance of power and strength. Bullies use their power to control or harm, and the person being bullied may have a hard time defending themselves. Incidents of bullying tend to happen to the same person over and over and by the same person or group.

Many children, particularly boys and older children, do not tell their parents or adults at school about being bullied, so it is important that adults are vigilant in looking for signs of bullying. This guide will help you recognize the signs of bullying and provide tips on stopping it.



Types of Bullying

Verbal: Name-calling, teasing

Social: Spreading rumors, leaving people out on purpose, breaking up friendships

Physical: Hitting, punching, shoving

Cyber: Using the internet, cell phones or other digital technologies to harm others

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Who do bullies target? *No child is safe from bullying.*

- If your child has a handicap, has a hard time making friends or fitting in with others, they have increased risk factors for being bullied.
- Children with small stature, physical defects or cognitive difficulties also have increased risk factors for being bullied.
- Even if your child conforms to normal standards, they may have increased risk factors for being bullied if they are unpopular or are friends with other children who are bullied.
- Sometimes bullies even target children who are popular and confident because they are jealous.

Teach your child how to handle bullying:

- **Stay calm.** Bullies love a reaction so do not give them one.
- **Do not fight back.** You may get hurt or make the situation worse. Bullies want attention and fighting back only gives them what they want.
- **Avoid vulnerable situations.** Walk to school earlier or later and walk with others. Do not be alone in the hallways or restrooms.
- **Do not be afraid to tell adults.** Adults can help. They have resources that you do not.
- **Never give out or share personal information online.** This includes your name, the names of friends or family, your address, phone number, school name, pictures of yourself and your email address.
- **Do not erase or delete messages from cyber bullies.** You do not have to read it, but keep it. It is your evidence. The police and your Internet Service Provider and/or your telephone company can use these messages to help you.

Bullying: Myths vs Facts

MYTH: Only boys bully

FACT Verbal, social and physical bullying happens among both boys and girls, especially as they grow older.

MYTH: Bullying usually occurs when there are no other students around

FACT Students see about four out of every five bullying incidents at school. When another student witnesses bullying, they give the student who is bullying positive attention.

MYTH: Bullying often resolves itself when you ignore it

FACT Bullying reflects an imbalance of power that happens again and again. Ignoring bullying teaches students who bully that they can bully others without consequences. Adults and other students need to stand up for children who are bullied and ensure they are protected and safe.

MYTH: All children outgrow bullying

FACT For some children that bully, the bullying continues as they get older. Unless someone intervenes, the bullying will likely continue and in some cases, grow into violence and other serious problems. Children who consistently bully others often continue their aggressive behavior through adolescence and into adulthood.

MYTH: Parents are usually aware that their children are bullying others

FACT Parents play a critical role in bullying prevention, but they often do not know if their children are bullies or are bullied by others.

Myths vs Facts provided by www.stopbullying.gov