

TIPS FOR PARENTS

IDENTIFYING THE EFFECTS OF BULLYING

Protect Your Children from Bullying and Support Safe Schools

As adults, we tend to downplay or underestimate the amount and seriousness of bullying that occurs in our children's schools. But bullying is a serious, widespread problem that needs to be addressed to safeguard our children and provide safer, more secure learning environments.

A nationally representative U.S. study shows that 17 percent of all students reported having been bullied "sometimes" or more often within a school term. This amounts to almost one in five students. And, for every case reported to school officials, there are many more bullied students who suffer in silence.

Identifying the Effects of Bullying

As a parent, you may suspect your child is being bullied. If you are not quite sure, review these common signs to help you recognize if bullying is occurring.

Your child may:

- come home with torn, damaged, or missing pieces of clothing, books, or other belongings
- have unexplained cuts, bruises, and scratches from fighting
- have few, if any, friends with whom he or she spends time
- seem afraid of going to school, walking to and from school, riding the school bus, or taking part in organized activities with
- peers (such as clubs or sports)
- take a long, "illogical" route when walking to or from school
- lose interest in school work or suddenly begin to do poorly in school
- appear sad, moody, teary, or depressed when he or she comes home
- complain frequently of headaches, stomachaches, or other physical problems
- have trouble sleeping or frequent bad dreams
- experience a loss of appetite
- appear anxious and suffer from low self-esteem

Help your child deal with bullying by talking to teachers, administrators, and staff and by taking advantage of resources made available to you.

Sources: Stop Bullying Now , PACER Center



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AntiBullyingInstitute.org