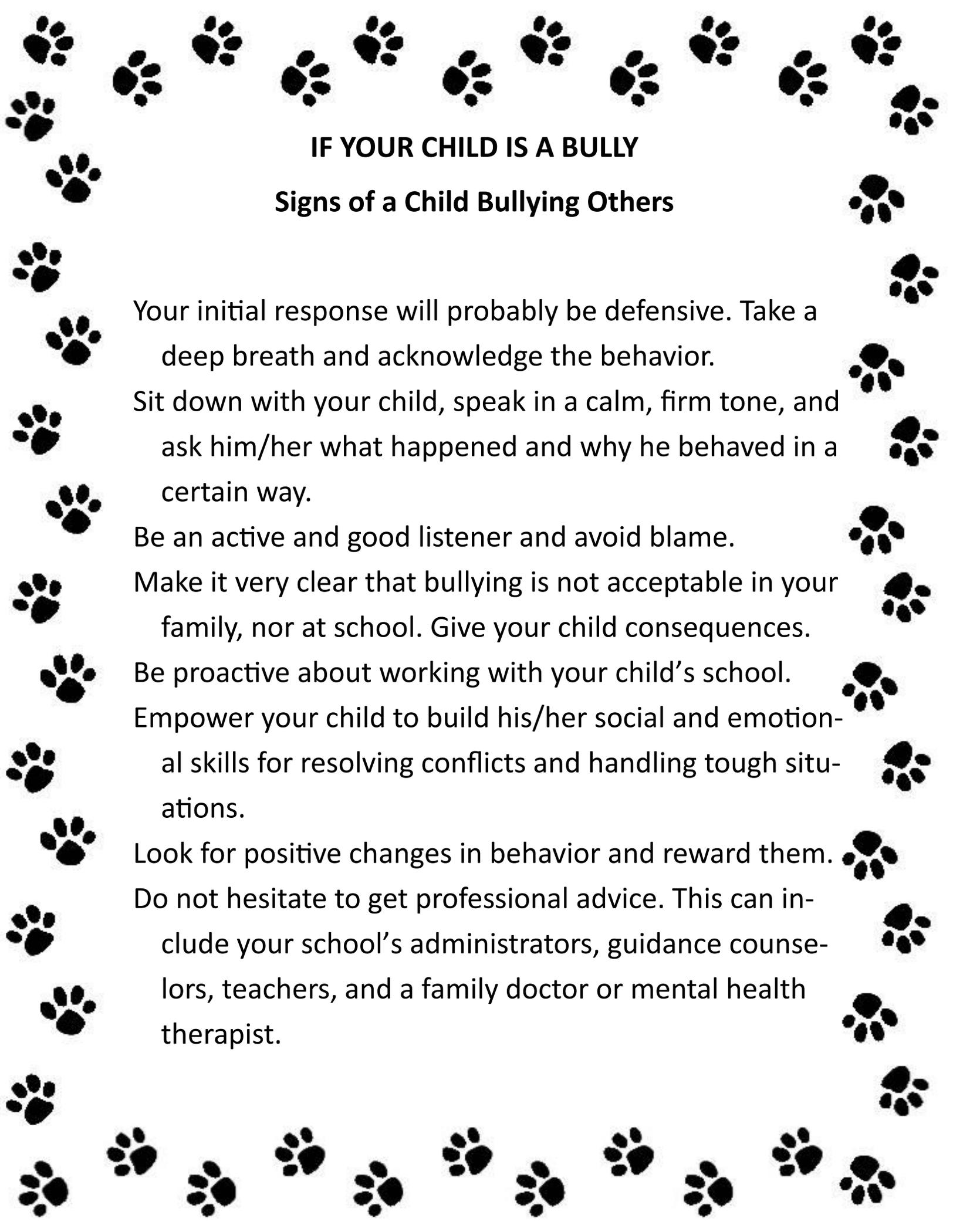


IF YOUR CHILD IS BULLIED

Some signs that your child is being bullied...

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch
- Difficulty sleeping or frequent
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide



IF YOUR CHILD IS A BULLY

Signs of a Child Bullying Others

Your initial response will probably be defensive. Take a deep breath and acknowledge the behavior.

Sit down with your child, speak in a calm, firm tone, and ask him/her what happened and why he behaved in a certain way.

Be an active and good listener and avoid blame.

Make it very clear that bullying is not acceptable in your family, nor at school. Give your child consequences.

Be proactive about working with your child's school.

Empower your child to build his/her social and emotional skills for resolving conflicts and handling tough situations.

Look for positive changes in behavior and reward them.

Do not hesitate to get professional advice. This can include your school's administrators, guidance counselors, teachers, and a family doctor or mental health therapist.

Web sites with help for Parents:

Help Kids-Stop Bullying

www.stopbullyingnowfoundation.org/

Parents and Bullying

www.americanspcc.org/

Stop Bullying

www.pta.org/

What Parents Need to Know

www.prevnet.ca/bullying/parents

Parent Guide to Bullying

www.scholastic.com/parents/resources/.../bullying

Parent Response to Bullying

www.safeyouth.org/scripts/faq/respbullying.asp

Parents Information for Bullies and Victims

www.teachersandfamilies.com/open/parent/bully1.cfm

STOMP Out Bullying

www.stompoutbullying.org/index.php/