



BULLYING: WHAT PARENTS NEED TO KNOW

What is Bullying?

Bullying is repeated, unwanted, aggressive behavior(s) that involves a real or perceived power imbalance. It is meant to harass, intimidate, humiliate, or harm the victim. Bullying may cause physical, emotional, social, or academic harm and can have lasting effects on a child's well-being.



Types of Bullying

Physical: Hitting, pushing, or damaging belongings

Verbal: Name-calling, insults, threats

Social: Excluding someone, spreading rumors

Cyberbullying: Using technology (texting, social media, or gaming) to harass, threaten, or humiliate someone

Warning Signs

Not all children who are bullied show warning signs, but please be familiar with the most common ones.

- Avoiding social situations or school
- Trouble sleeping or frequent headaches/stomachaches
- Mood swings, sadness, or anger
- Unexplained injuries or missing belongings
- Secrecy around online activity or sudden device changes

Helpful Resources



StopBullying.gov

Tools for parents, educators, and youth.



[Stomp Out Bullying](http://StompOutBullying.org)

A national nonprofit dedicated to reducing and preventing bullying. Offers help for kids in crisis.



[PACER's National Bullying Prevention Center](http://PACER'sNationalBullyingPreventionCenter.org)

Provides tools, education, and support to prevent bullying and promote kindness, acceptance, and inclusion.



How Parents Can Help

Talk Regularly

Ask how your child is doing at school and online.
Acknowledge their feelings and show empathy.

Give Guidance

Make sure your child understands bullying and how to report it if needed.

Set an Example

Model kindness and respect in your own daily interactions.

Support Your Child's Interests

Encourage their pursuits so they can make friends and increase their confidence.

Maintain Monitor Online Activity

Use parental controls when appropriate and know the apps your child uses.

Watch for Signs

Trust your instincts if something feels off.



If Your Child is Bullying Others

It is a normal reaction to feel shocked, feel worried, or defend or deny the bullying behavior, but left unaddressed it can have a damaging impact on your child. If you've been told that your child is bullying others:

- Talk with your child
- Ask about the behavior
- Listen and manage your reaction
- Talk about empathy and accountability
- Set clear expectations and consequences
- Support your child's effort to improve
- Supervise your child and give them feedback
- Consider involving a professional for support if things do not improve



CLICK OR
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MORE RESOURCES! Books and Helpful Links

The Bully, the Bullied, and the Bystander by Barbara Coloroso

Explains bullying dynamics and gives concrete advice for parents to intervene effectively to help their children whether they are bullies, victims, or bystanders.

The Everything Parent's Guide to Dealing with Bullies

by Deborah Carpenter, M.A.

Includes practical tips for different age groups focusing on emotional health and strategies for resilience.

Online Support Groups for Children

BullyingFreeFuture.com



Reporting Cyberbullying

StopBullying.gov



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat at 988lifeline.org.