

Be The Answer

Don't wait for
your kids to
start the
conversation.

What is Bullying?

Although definitions of bullying vary, most agree that bullying involves:

Imbalance of Power: people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves

Intent to Cause Harm: actions done by accident are not bullying; the person bullying has a goal to cause harm

Repetition: while being teased for a one time event can turn into bullying and should be addressed immediately, incidents of bullying happen to the same the person over and over by the same person or group.

Bullying can take many forms including:

Verbal: *Repeated* name-calling , teasing, harassing

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

Physical: hitting, punching, shoving

Cyberbullying: using the Internet, mobile phones or other digital technologies to harm others



What is NOT Bullying

The Children's School is a unique setting with a diverse population. Children who may have trouble controlling their impulses or need sensory stimulation may be perceived as bullying others because of their desire for increased physical contact. These actions can sometimes be mistaken as bullying. Typically these children do not have intent to cause harm. However, regardless of intent, if your child feels threatened or is displaying symptoms you should take action. Try to understand their reactions to social/school situations. Children who feel bullied display fear, sadness and anxiety because they feel threatened by someone or a group.

This is where you come in.

Warning signs:

Possible warning signs that a child may be being bullied include:

- Comes home with torn, damaged, or missing pieces of clothing, books, or other belongings
- Has unexplained cuts, bruises, and scratches
- Has 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 (such as clubs)
- Takes a long, "illogical" route when walking to or from school
- Has lost 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, stomachaches, or other physical ailments
- Has trouble sleeping or has frequent bad dreams
- Experiences a loss of appetite
- Appears anxious and suffers from low self-esteem and lack of assertiveness.