



# Deal with Bullies

Bullying is unwanted, aggressive behavior toward someone. Being bullied can cause serious and lasting emotional damage, such as poor self-esteem, lack of motivation, alcoholism, and depression. And over and over, news shows have featured suicides due to being bullied.

## FORMS OF BULLYING

- Verbal: Name-calling or teasing, threatening to cause harm
- Social: Spreading rumors, leaving people out on purpose, breaking up friendships, embarrassing someone in public
- Physical: Hitting, punching, shoving, tripping
- Cyber bullying: Takes place over cell phones and computers. Includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can be in social media, texts, instant messaging, online forums, chat rooms, email, and online gaming communities.

## TAKE QUICK ACTION

If you suspect your child is bullying or being bullied:

- Talk to them without delay.
- Pay attention to their online activities.
- Talk with their teachers to find out how they interact with others in school.
- Set and enforce rules about how digital technology can and cannot be used.
- Report bullying through the appropriate steps – teachers, administrators, police, and the State School Department, as needed.
- If your child is repeatedly sick, stressed, not sleeping, or having other problems because of bullying, contact a counselor or other health care professional.

## ACTION STEP

Set up a daily time to check in with your kids. Ask questions and listen to their responses without judging them. Tell them they can trust you and that being bullied is not their fault.

