



Is Your Child Being Bullied?

Bullying is any behavior that is done to intentionally harm someone. Bullies use their physical, social, or emotional power to cause pain and force their targets to obey their requests. Most bullying behaviors are repeated over time.

IS YOUR CHILD BEING BULLIED? HERE ARE SOME COMMON WARNING SIGNS:

- Not wanting to attend school
- Feeling sick or faking an illness
- Unexplained injuries
- Trouble sleeping
- Missing clothing or other items
- Change in eating habits
- Change in academic performance
- Spending much more or much less time online

If your child reports being bullied, be sure to believe the account and assure your child that you will help him or her make the bullying stop. Keep record of each bullying incident and speak with school staff to make a plan to resolve the situation. Make sure that your child engages in activities that he or she enjoys and remember that it may take time for bullying to stop completely.

BULLYING CAN LOWER A CHILD'S SELF-ESTEEM. HERE ARE SOME WAYS YOU CAN HELP YOUR CHILD BUILD HIS OR HER CONFIDENCE LEVEL:

- Make sure your child knows that you love him or her unconditionally, no matter what he or she does or what is done to him or her.
- Ask for your child's opinion and listen to his or her answer without judgment.
- Praise your child and point out the special traits and talents that your child possesses.
- Encourage your child to pursue activities that he or she enjoys.
- Model self-confidence to your child. Take pride in yourself, your work and activities that you enjoy.

If you or someone you know is being bullied, please contact the 24 hour Parent & Youth Resource Hotline at **1-800-CHILDREN**. You may also send a text or email to **1800children@kcsl.org**.

For more online tip cards, visit kcsl.org under the "Resources" tab.

Parenting questions? Call the Parent Helpline.

1-800-CHILDREN or email/text 1800children@kcsl.org

