

What to tell children who are being bullied?

- Stay in areas with adults and other children.
- Use a calm voice to tell the person who is bullying to stop it.
- Keep your head up and show confidence.
- Talk to an adult you can trust, such as a parent, teacher, counselor or therapist.

What should children do if they see someone being bullied?

- Offer support and stand up for the person who is being bullied.
- Encourage the student to talk to an adult they can trust.



For more information:

PACER'S National Bullying Prevention Center
<http://www.pacer.org/bullying/>

Prevent Bullying
<http://www.stopbullying.gov/prevention/index.html>

Bullying Among Children with Disabilities and Special Needs
<http://www.stopbullying.gov/at-risk/groups/special-needs/index.html>

**Los Angeles County,
Department of Public Health,
Injury and Violence Prevention Program (IVPP)**
www.publichealth.lacounty.gov/IVPP

Bullying

What parents need to know.



What is bullying?

It's important that parents know what bullying is, how it affects your child and what can you do to prevent it.

- Bullying occurs when teasing becomes hurtful, unkind, and constant.
- Bullying is when one person causes physical, verbal or psychological suffering to another person.
- Bullying may be in the form of any of the following:
 - Hitting
 - Shoving
 - Name calling
 - Threats
 - Making fun and forcing a child to give money and/or their possessions.
 - Shunning or spreading rumors
- Bullying can be done through text messaging and use of other electronics.
- Bullying is serious and can affect your child's feeling of safety and self-worth.

What are the types of bullying?

There are four common types of bullying:

Physical bullying	When a child uses physical force, such as hitting, biting, spitting, pushing, taking personal belongings, or attacking or hurting another child on purpose.
Verbal bullying	When a child uses words to humiliate another child like teasing, name-calling, insulting and threatning.
Cyberbullying	When a child uses a cell-phone, text messages, instant messaging, chats, e-mails, and social networking sites to bully another child.
Psychological bullying	When a child spreads untrue things about another child, or not allowing the child to join in activities or conversations.

What are the warning signs of bullying?

Signs that your child is being bullied:

- Not wanting to go to school.
- Lack of interest in going to any events or activities at school.
- Noticeable change in their behavior or mood.
- Talks about feeling anxious or depressed.
- More worried about their safety at school.

What are the effects of bullying?

- Stress, anxiety and/or depression.
- Low self-esteem
- Feelings of isolation
- Suicidal ideation.

What can you do to prevent bullying?

- Explain bullying. Some children do not know they are being bullied.
- Teach children what to do when they are bullied.

Your child has the right **not** to be bullied by peers, older kids, school personnel, or other adults.

