

Understanding Bullying

As school begins, hundreds of children dread going to school and facing the taunts and humiliation brought on by bullies. Both girls and boys can be bullies and parents need to be aware of these behaviors and if their children are being victimized or the perpetrators of this behavior.

How to know if your child is the victim of bullying:

- Changes in behavior- withdrawn, anxious, loss of interest in school
- Bruises, scratches, missing or damaged books and property
- Loss of appetite
- Loses clothing, money or other valuables
- Afraid or reluctant to go to school
- Headaches, or stomach aches particularly in the morning
- Strange routes to and from school
- Feels lonely
- Sensitive when asked about his/her day
- Reluctant to take bus

Identifying the Bully

- Name Calling
- Rumor spreading
- Making up stories to get others in trouble
- Telling other children not to be friends with a target child
- Hitting, kicking, tripping or pushing other children
- Teasing other children and making remarks about their culture, religion, ethnicity, weight, physical appearance, disabilities or medical conditions
- Intimidating others
- Taking other's possessions, money
- Damaging other children's property
- Bossiness
- Hiding other children's books, bags or other property
- Picking on other children, even when they're upset
- Making threats to other children
- Manipulating others, getting them to do things that they may not want to do