

Bullying Awareness

NOVEMBER 15 - 19



GET HELP TODAY!

Teen Lifeline:

602-248-TEEN

or

800-248-TEEN

Resources:

[www.
thetrevorproject.org](http://www.thetrevorproject.org)

[www.itgetsbetterproject
.com](http://www.itgetsbetterproject.com)

For more information:

[Www.stopbullyingnow.
hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

Effects of Bullying:

- Feeling depressed, lonely, anxious;
- Having low self-esteem;
- Being absent from school;
- Feeling sick; and
- Thinking about suicide.

What is Bullying?

Bullying is an aggressive behavior that is intentional and that involves an imbalance of power or strength.

Bullying can take many forms, such as hitting, kicking, threatening others, teasing, name-calling, excluding others from a group, or sending mean notes or e mails.

Why do Kids Bully?

- Because they see others doing it.
- Because it's what you do if you want to hang out with the right crowd.
- Because it's one of the best ways to keep others from bullying them.



What to do if your child is being bullied?

- 1** Focus on your child. Be supportive and gather information about bullying.
- 2** Contact your child's teacher or principal.
- 3** Help your child become more resilient to bullying by:
 - helping develop talents or positive attributes of your child;
 - helping your child meet new friends outside of the school environment; and
 - Teaching your child safety strategies.

Warning Signs that a Child is Being Bullied

- 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 frequent bad dreams;
- Experiences a loss of appetite; or
- Appears anxious and suffers from low self-esteem.