

BULLYING

HOW TO PREVENT YOUR CHILD FROM BULLYING

Parents should:

- Help children understand bullying and how to stand up to it safely. Inform your child that bullying is unacceptable and make sure your child knows where to go for help.
- Keep lines of communication open and check in with your child often. Listen to your child, get to know their friends and understand their concerns.
- Encourage your child to do what they love. Special activities, interest and hobbies can boost a child's confidence and help a child make friends.

Warning signs that your child may be a victim of bullying:

- He/she becomes withdrawn or shy
- Shows signs of depression
- Extremely moody
- Is anxious or overly stressed
- Shows signs of aggressive behavior
- Suddenly stops using computer
- Suddenly changes friends
- No longer wants to participate in activities they enjoyed
- Changes in eating or sleeping patterns
- Doesn't want to go to school
- Skips school
- Decline in grades
- Hurts self, attempts or threatens suicide

For more information on bullying:

<http://www.stopbullying.gov/prevention/talking-about-it/>

<http://www.stopbullying.gov/prevention/at-school/engagement-index.html>

<http://www.nysenate.gov/files/SuicideBullyingBrochure.pdf>

