LET'S PREVENT BULLYING

Bullying is mean, hurtful behavior that occurs repeatedly in a relationship with an imbalance of power or strength.

Verbal Bullying
is when mean words are said.





Relational Bullying
is when someone is excluded or prevented from joining a group or activity.

4 TYPES OF BULLYING PARENTS SHOULD KNOW ABOUT:

Physical Bullying
is physical aggression in unwanted and inappropriate ways.





Cyberbullying
is when someone is spreading mean words and/or false rumors through e-mails, texts, and social media.

WARNING SIGNS TO LOOK FOR:

"LOOK CLOSELY"

SOME EXAMPLES INCLUDE:



- PHYSICAL MARKS
- FEAR OF GOING TO SCHOOL OR RELATED EVENTS
- HAVING FEW FRIENDS OR LOSING FRIENDS
- AVOIDING SOCIAL SITUATIONS
- CLOTHING OR PERSONAL ITEMS BEING LOST OR DESTROYED
- LOW ACADEMIC PERFORMANCE
- ABSENTEEISM
- NOT SLEEPING WELL
- COMPLAINING OF HEAD OR STOMACH ACHES
- BECOMES UNUSUALLY SECRETIVE
- BEING AGGRESSIVE OR HAVING ANGRY OUTBURSTS

STEPS TO HELP:

- **Listen to your child openly and calmly.** *Make them feel heard and supported.*
- **Tell the child that you believe them.** *Remind them that it is not their fault, and that you are there now to help.*
- **Talk to the teacher or school.**
- **Be a support system**. *Make sure they know that they can come to you anytime.*



PARENT AND GUARDIAN RESOURCES

- **Bullying and Suicide: What Parents and Teachers Can Do:** www.bakersfieldbehavioral.com/blog/bullying-suicide
- **Hotline:** 1-877-755-4907
- **Bullying Prevention Training & Resources**: www.cde.ca.gov/ls/ss/se/bullyres.asp
- **Stop Bullying:** stopbullying.gov
- **KnowBullying App:** store.samhsa.gov
- **Stop Bullying Now Hotline**: 1-800-273-8255

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LET'S TALK ABOUT BULLYING

WHO ARE THE ADULTS YOU CAN TALK TO ABOUT BULLYING?

FOLLOW ANSWERS UP WITH "HAVE YOU EVER TALKED TO..." OR "DO YOU WISH THEY HELPED MORE"?

WHAT WAS THE BEST AND WORST THINGS THAT HAPPENED TODAY?

THIS IS A GREAT ICEBREAKER. LISTEN TO YOUR CHILD. DONT LECTURE.

HAVE YOU SEEN OTHER KIDS GETTING PUSHED AROUND AT SCHOOL? WHAT DID YOU DO?

SOMETIMES ITS EASIER TALK ABOUT BULLYING IF THE QUESTION IS DIRECTED TOWARDS OTHERS.

BULLYING MUST HAVE CHANGED SINCE I WAS IN SCHOOL, DESCRIBE A BULLY NOW?

LET THEM BE THE EXPERT. ASK IF THEY HAVE ANY REAL LIFE EXAMPLES.

What do you think parents or teachers can do to help stop bullying?

This opens the door to what hasn't happened yet.

Stay away from questions with answers like: "No", "Yes", or "Fine"

WHAT DO YOU DO IF YOU ARE BULLIED?



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