

## What to do if your child is being bullied?

*If you suspect that your child is being bullied, take the situation seriously.*

- **Encourage** your child to share his or her concerns. Listen in a loving manner and support your child's feelings. Express understanding and concern. Remind your child that he/she is not to blame.
- **Learn** about the situation. Ask your child to describe how and when the bullying occurs and who is involved. Find out what your child has done to try to stop the bullying, as well as what has or has not worked.
- **Teach** your child how to respond. Do not promote retaliation against a bully. Instead, your child can try telling the bully to leave him or her alone, walk away to avoid the bully, ignore the bully, or ask a teacher, coach, or other adult for help. Suggest sticking with friends and not responding to cyberbullying. If possible, use software to block your child from cyberbullying.
- **Talk** to your child about technology. Make sure you know how your child is using the Internet, social media, or phone to interact with others. If your child is being cyberbullied, do not automatically take away electronic privileges. Children might be reluctant to report bullying out of fear of having their cellphone or Internet privileges taken away.
- **Boost** your child's self-confidence. Encourage your child to build friendships and get involved in activities that emphasize his or her strengths and talents.

## Reasons Why Victims of Bullying Stay Quiet

- Unaware of subtle forms of bullying
- Feel ashamed and embarrassed
- Afraid the bully will retaliate
- There is pressure to keep quiet
- Struggle with uncertainty
- Worried about being called a snitch
- Assume adults will not do anything
- Fear of losing a friendship
- Fear of losing digital access



If you or someone you know is in immediate danger, call 911 or the local police for help. If the danger is not immediate, please confide with a doctor, friend, or family member that you trust. Remember, you are not alone. There are many people who care and can help.

Visit our website:

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

Find us on Facebook:

@Stop Abuse For Everyone - SAFE

Follow us on Twitter and Instagram:

@SAFE\_USA

Questions or concerns?

[info@stopabuseforeveryone.org](mailto:info@stopabuseforeveryone.org)

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# ARE YOU (or someone you know) A VICTIM OF BULLYING?



## STOP ABUSE FOR EVERYONE

A HUMAN RIGHTS AGENCY

[STOPABUSEFOREVERYONE.ORG](http://STOPABUSEFOREVERYONE.ORG)

(661)–829–6848

8200 STOCKDALE HWY #M10-103  
BAKERSFIELD, CA 93311

## You are not alone ...

- American schools harbor approximately 2.1 million bullies and 2.7 million victims
- Students' looks (55%), body shape (37%), and race (16%) were the most often reported reasons for being bullied
- According to ABC News, nearly 30% of students are either bullies or victims
- 160,000 children stay home from school every day from the fear of being bullied
- Only 7% of U.S. parents are worried about cyberbullying yet 33% of teenagers have been victims of cyberbullying
- 1 million children were harassed, threatened, or subjected to other forms of cyberbullying on Facebook during the past year
- More than half of bullying altercations (57%) stop when a peer intervenes on behalf of the student being bullied
- 39% of social network users have been cyberbullied compared with 22% of online teens who do not use social networks
- Nearly 9 out of 10 LGBT youth reported being verbally harassed at school in the past year because of their sexual orientation
- Victims of bullying are 2 to 9 times more likely to consider suicide than non-victims, according to studies by Yale University.
- 64% of children who were bullied did not report it; only 36% reported the bullying  
[www.nvee.org/statistics](http://www.nvee.org/statistics)

## Types of Bullying

**Bullying is a form of aggression in which one or more children repeatedly and intentionally intimidate, harass or harm a victim who is perceived as incapable of defending themselves.**



### Bullying can take many forms:

- Physical
- Psychological
- Verbal
- Electronic



## Signs of Bullying

1. Unexplainable physical marks, cuts, bruises, and scrapes
2. Lost or destroyed clothing, books, electronics, or jewelry
3. Frequent headaches or stomach aches, feeling sick, or faking illness
4. Changes in eating habits such as skipping meals or binge eating
5. Difficulty sleeping or frequent nightmares
6. Declining grades, loss of interest in schoolwork, or not wanting to go to school
7. Sudden loss of friends or avoidance of social situations
8. Feelings of helplessness or decreased self-esteem
9. Self-destructive behaviors such as running away from home, self-harm, or talking about suicide
10. Fear of being alone and sudden clinginess
11. Suddenly sullen, withdrawn, evasive; remarks about feeling lonely
12. Blames self for problems; feels "not good enough"
13. Physical complaints; headaches, stomach aches, frequent visits to the school's nurse

*If you are experiencing any of the above, this is bullying. You could be in danger.*