

## What Parents Can Do to Help Stop Bullying

Bullying hurts and can leave scars for life. It affects relationships with others, a child's self-esteem, and his or her ability to concentrate in school or off campus. Encountering a bully, especially on a daily basis, is one of the most stressful situations a child can face.

## How Will I Know if My Child is Being Bullied?

If you notice changes in your child's behavior (withdrawn, recurring or excessive "illnesses," drop in grades, etc.) or reluctance to talk about how his or her day was, you should contact his teacher or counselor. Or, if you discover signs of physical abuse, report it immediately to school officials.

If your child is unusually hungry after school and eats the equivalent of a meal, he may be a victim of being "bullied" into relinquishing his lunch.

Your child may be afraid of retaliation if he or she "tattles" on the bully. Be patient when asking him questions and answers are evasive or not immediately forthcoming.

## Helping Children Deal with Bullies

- Teach your child(ren) at a young age to avoid children with bullying behavior.
- Instruct your child to walk away from a potentially volatile situation and to tell an adult immediately.
- Practice various scenarios with your child through role play.
- Teach your child never to defend him/herself with a weapon.
- Keep communication lines open with your children. Encourage your child to talk with you routinely about what happens at school.
- Respond to your children's anxiety or concerns with love and patience, and never minimize his/her fears.
- Keep a log of events that your child describes. Include times, dates, locations and the nature of the bullying.

## Bullying Hurts!



## Let's Stop It Now!



San Diego County Sheriff's Department  
WILLIAM D. GORE  
SHERIFF

## What is Bullying?

What do you think of when you hear the word "bully?" Some think of the girl at school who always makes fun of their clothes or the way they look. Others might remember the big guy on the block who tries to pick a fight over anything. Sometimes it is more than one bully who gangs up on someone, even going after kids younger than they are. The main thing about bullying is that it makes the victim feel very sad, hurt, and alone, even when he or she is not around the mean person. It can cause someone to avoid going places that she wants because she is afraid of a confrontation. And it can even make someone feel sick!

People, including kids and adults, should not have to feel depressed or afraid. We all have the right to a safe and happy environment and to feel good about ourselves. Believe it or not, sometimes the bully himself does not have a good feeling about his own situation, so tries to make other people unhappy. And there are ways to help you deal with the kind of person who is a bully.



## Types of Bullying

Although there are many ways to bully someone, there are four main categories into which most types fall:

### Physical Bullying

- Hurting someone by hitting, kicking, pushing, or throwing something at him/her.
- Forcing someone to do something that he does not want to do.
- Destroying, stealing, or hiding someone's property.

### Verbal Bullying

- Calling someone names
- Making fun of someone
- Making rude comments
- Whispering in front of someone

### Social Bullying

- Spreading rumors about someone
- Giving someone the "silent treatment."
- Excluding someone from conversations or activities.

### Cyberbullying

- Using text messaging, the Internet or other technological ways to hurt someone.
- Intimidating or embarrassing someone using these electronic methods.

## What Can You Do to Stop Bullying?

Usually a person bullies another person because it makes him or her feel powerful. It is also a way to get attention, though not the right kind!

We can all do our part to stop bullying by joining the San Diego County Sheriff Department Anti-Bullying Campaign and taking this **Bullying Pledge**:

*I, \_\_\_\_\_, know that bullying is a harmful act, and can hurt people.*

*Therefore, I will **not**:*

*Hurt people physically.*

*Spread bad rumors about anyone.*

*Keep certain people out of a group.*

*Tease people in a mean way.*

*"Gang up" on others.*

*I will try to be a role model at all times.*

**Remember these three important things:**

- 1. Don't be a bully!*
- 2. Report bullying to an adult if you experience it or see it happening to others.*
- 3. Support kids who are being bullied by being a friend.*

