



Is Your Child Bullying Others?

Bullying is any behavior that is done to intentionally harm someone. Bullies use their physical, social or emotional power to cause pain and force their targets to obey their requests. Most bullying behaviors are repeated over time.

COULD YOUR CHILD BE BULLYING OTHERS? HERE ARE POSSIBLE WARNING SIGNS:

- Child gets into fights
- Is frequently angry and aggressive
- Acquires unexplained money or new possessions
- Has friends who bully
- Blames everyone else for his or her problems
- Denies responsibility for his or her actions
- Is competitive and concerned about his or her reputation

HOW CAN YOU HELP?

Start by trying to understand why the behavior is occurring. Is your child being bullied himself or herself? Is he or she trying to relieve stress by targeting someone else? Have a calm, open discussion with your child and school personnel to fully understand the situation before any action is taken.

When your child engages in bullying behavior, make sure he or she takes full responsibility for his or her actions, whether it involves writing a letter of apology or completing service work. Monitor your child's behaviors at school and at home. Work to teach your child empathy. Connect your child with a counselor or other trusted adult with whom he or she feels comfortable discussing bullying situations. Be sure to praise your child's positive behaviors and remember that it may take time for the bullying to stop completely.

Call our 24 Hour Parent & Youth Resource Hotline at **1-800-CHILDREN** for help with any bullying situation. You may also send a text or email to **1800children@kcsl.org**.

For more online tip cards, visit kcsl.org under the "Resources" tab.

Parenting questions? Call the Parent Helpline.

1-800-CHILDREN or email/text 1800children@kcsl.org

