



TALK LINE
FAMILY SUPPORT CENTER

Helping Your Child Deal with Bullying

Children who are bullied can feel lonely, sad, or scared. They may also experience physical and mental health issues, decreased academic achievement, and negative feelings of self-worth. You can help your child cope with bullying and lessen its long-term impact when you:

- **Look for signs of bullying:**
 - Reluctance to go outside or to school
 - Loss of interest in activities previously enjoyed
 - Acting quiet and withdrawn
 - Lack of friends
 - Complaints of headaches or stomachaches
 - Loss of objects or requests for extra money or treats
- **Keep the lines of communication open.** Check in with your child often and listen to him/her talk about activities, events, and concerns.
- **Praise your child for telling an adult about bullying.** It's a brave thing to do and isn't tattling.
- **Show comfort and support.** Assure your child that he/she has done nothing wrong.
- **Talk about ways to stand up safely to bullying.**
 - Say, "No!" or "Stop!" firmly and confidently. Then walk away.
 - Try to use humor. Don't show the bully you are scared or upset.
 - Ignore the bully by doing something else or acting uninterested.
 - Don't respond with anger or your own bullying.
- **Discuss strategies for staying safe and avoiding being bullied.**
 - Play in places where adults are nearby.
 - Stay with a buddy or group of friends.
- **Encourage your child to get together with friends and do what he/she loves.** Special activities and interests and being with friends can boost confidence, lessen the impact of bullying, and reduce future bullying.
- Assure your child that **together you can figure out what to do about bullying.**

Thanks to:

stopbullying.gov; [whyzz](http://whyzz.org);
and kidshealth.org