



Peer to Peer Abuse: Bullying

WHAT IS BULLYING? Bullying is a pattern of aggressive behavior committed by an individual to intentionally cause harm or invoke fear to another person. This behavior is **repeated over a period of time**. Bullying is an **imbalance of power** within interpersonal relationships.

Bullying is not normal childhood behavior! Bullying has serious negative consequences for the victim, the bully and for society. **Warning signs:** Changes in mood or behavior. Sleep disturbances or changes in eating habits. Avoidance of certain places, school, parish or other peer activities. **Change in academic performance for the worse.** A sudden change in friendships or suddenly has less friends. **Unexplained injuries, damaged property or self-inflicted physical injuries.** Expresses feelings of helplessness or not being good enough. Afraid to go to school or be involved with activities with their peers.

What can I do? Be aware of warning signs of abuse in peer relationships. Work collaboratively with your child's school and parish to create safe environments. **Educate your child about what makes good relationships and what to do if they are victims of bullying or if they witness bullying.** Don't encourage your child to fight back or ignore the bullying, this may increase their victimization. **Model appropriate behavior and have clear expectations for your child's behavior towards others.** Children and teens have the right to feel safe! For more information contact:

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