

What are the warning signs if your child is bullying others?

- Acts violently towards others, either verbally or physically
- Gets sent to the Principal's Office frequently or receives detention for misbehavior
- Has extra money or belongings that cannot be explained
- Does not take responsibility for their actions
- Has friends who are bullies
- Has difficulty feeling empathy or compassion for others
- Blames others for their actions or behaviors



What can parents do about bullying?

If you suspect your child is a victim of bullying be aware of the sign and symptoms of bullying. Inquire about their day at school. Ask who they eat with at lunch time or play with at recess. Inquire if there are any bullies at school. Be a good listener and let them know it is not their fault. **Don't** encourage them to ignore the bully or fight back, that may increase their risk of victimization. **Do** meet with your child's school teacher and advocate for your child. Look for ways to avoid opportunities for the bullying to occur. Children have the right to feel safe wherever they are.

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Help stop bullying. Report It!



BULLYING

IDENTIFICATION, PREVENTION
AND INTERVENTION



To create a safe environment for children is of paramount importance for the Church and everyone in the Church is responsible for ensuring that this exists. No one can say, 'It's not my job.'

**Teresa M. Kettlekamp, Former Director
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What is Bullying? *Bullying refers to repeated aggressive behavior committed by an individual to intentionally cause harm to another; often characterized by behavior in order to gain power over another person.*



Bullying can include: physical violence, threats and intimidation, name calling and belittling, spreading rumors, malicious gossip, public humiliation, or social exclusions (leaving someone out of an activity intentionally).

Shockingly—it is estimated that 15-25% of students are involved in bullying—either as the victim or, the one doing the bullying, or both!

Victims of bullying are: At higher risk of depression and anxiety which may continue well into adulthood. Can have changes in their sleep and food habits, lose interest in activities, have decreased academic performance and are more likely to skip or miss school or even become a dropout! Victims are also more likely to retaliate to bullying.

Those who bully others: have a higher risk of alcohol and drug use; are more likely to engage in violent behavior; engage in early sexual activities; get involved in criminal behavior or have a conviction in early adulthood, and more likely to have abusive behavior tendencies.



Those who witness bullying behavior: have an increased risk of using alcohol, drugs or tobacco; increased risk of having mental health problems, including anxiety and depression. If your child is a witness to bullying, encourage them to report it to their teacher or school principal. Not reporting bullying is to be part of the problem!

What are the warning signs if your child is being bullied?

- Afraid to go to school or be involved in activities with their peers
- Is sad, moody, anxious or depressed when they come home from school or after an activity with their peers
- Expresses feeling of helplessness
- Loses interest in being with friends
- Avoids certain places
- Change in behavior, out of the usual
- Change in school performance for the worse
- Expresses feelings of not being good enough
- Change in eating habits
- Unexplained injuries or hurts themselves
- Change in sleeping habits, nightmares, trouble sleeping
- Comes home from school with clothes or belongings missing or damaged
- Comes home from school very hungry, due to not eating their lunch; a sudden change in friendships or suddenly has less friends