

SIGNS A CHILD IS BEING BULLIED

Look for changes in your child's behavior. However, be aware that not all children who are bullied exhibit warning signs.

Some signs that may point to a bullying problem are:

- Unexplained injuries
- Lost or destroyed clothing, books, electronics or jewelry
- Frequent headaches or stomach aches; feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating; students may come home from school hungry because they did not eat lunch
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self-esteem
- Self-destructive behaviors such as running away from home, harming themselves or talking about suicide

If your child is in serious distress or danger, don't ignore the problem. Get help right away. Your school's counselor is a good place to start.

SIGNS A CHILD IS BULLYING OTHERS

Children may be bullying others if they:

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions

If your child is bullying others, seek help through your school's counselor.