

BULLYING FACT SHEET



Children should not be afraid to go to school. Children do not have to live with bullying. If your child is being bullied, report it!

What is bullying?

Bullying is unwanted aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally and excluding someone from a group on purpose.

What is cyber bullying?

Cyber bullying is bullying that takes place using electronic technology, including cell phones, computers, tablets, social media sites, text messages and websites. Examples of cyber bullying include mean text messages or emails, rumors sent by email or text or posted on social networking sites, embarrassing photos or videos distributed or displayed in a public place and fake profiles.

How can you talk to your child about bullying?

Help your child understand what bullying is and how to get help. Check out your child's school's discipline policy. Check in with your children often, realizing children don't always tell their parents when they're being bullied. Know your child's friends. Listen when they have problems. Find ways for children to do things they enjoy, such as sports, scouts or the arts. Model how to treat others with kindness and respect.

FOR HELP, GO HERE: www.stopbullying.gov