

SIGNS YOUR CHILD MAY BE BULLIED

- *Acting moody, sullen or withdrawn
- *Not wanting to go to school; developing real or imaginary symptoms to avoid attending
- *Self-mutilation
- *Becoming depressed or anxious especially at the end of a weekend and/or vacation
- *Losing interest in school work/drop in grades
- *Losing appetite
- *Sleep difficulties
- *Waiting to use the bathroom at home
- *Withdrawal from previously enjoyed activities
- *Expresses feelings of self hatred/hopelessness
- *Arriving home with torn clothes or bruises
- *Asking for extra money for school lunch or supplies
- *Wanting to carry some form of protection
- *Upset after a text/email

RESOURCES

*24 HOUR PARENT SUPPORTLINE 1-888-281-3000

*NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-8255

*NATIONAL YOUTH CRISIS HOTLINE 1-800-442-HOPE

How to Talk so Kids Listen and Listen so Kids Talk

By Adele Faber and Elaine Mazlish

Between Parent and Child

By Dr. Haim G. Ginott and Alice Ginott

Parents Do Make a Difference

By Dr. Michele Borba

Building Moral Intelligence: The Seven Essential Virtues that
Teach Kids to Do the Right Thing

By Dr. Michele Borba

BULLY PROOF STRATEGIES

1. Assert Yourself
2. Question the Response
3. Use “I want”
4. Agree with the Teaser
5. Ignore it
6. Make Fun of the Teasing

The Calm Approach

C – Cool Down

A – Assert Yourself

L – Look at the Teaser Straight in the Eye

M – Mean it

(Source Dr. Michele Borba)