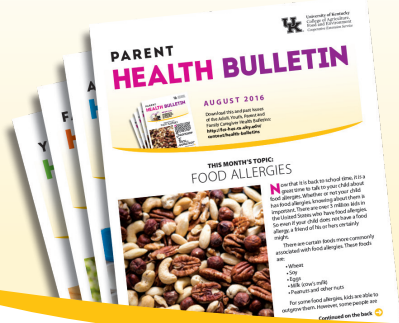


PARENT HEALTH BULLETIN



OCTOBER 2019

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: BULLYING PREVENTION



More than 1 out of every 5 students report being bullied, according to the National Center for Educational Statistics. So, in 2006, PACER's National Bullying Prevention Center founded National Bullying Prevention Month, which includes Unity Day on Oct. 23 when everyone is encouraged to wear orange to show their unity against bullying. Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying, here are some ways to help.

Identifying bullying

Bullying includes physical, verbal, or psychological pain. It can range from hitting, shoving, name-calling, threatening, and mocking to taking money or possessions. Some kids bully by shunning others

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Parents play a key role in preventing and responding to bullying. Always keep communication with your child open.

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and spreading rumors about them. Others use social media or electronic messaging to taunt or hurt others' feelings. In severe cases, bullying has influenced suicides and school shootings.

Warning signs

There are many warning signs that can indicate that someone is involved in bullying. However, not all involved will show warning signs. Spotting the warning signs is an important first step in taking action against bullying.

Signs a child is being bullied

- Unexplainable 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. Kids 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

Signs a child is bullying others

- Gets into physical or verbal fights
- Has friends who bully others
- Is increasingly aggressive
- Gets sent to the principal's office or to detention frequently
- Has unexplained extra money or new belongings
- Blames others for their problems
- Doesn't accept responsibility for their actions
- Is competitive and worries about their reputation or popularity

Talk to your child

Always keep communication with your child open. If you know or suspect bullying has occurred, talk with your child and learn how



you, school officials, or community leaders can work together to support your child.

Advice for kids

If your kids are being bullied, talk with them about ways they can improve the situation.

- **Avoid the bully and use the buddy system.** Make sure they have someone with them so that they are not alone with the bully. Buddy up with a friend on the bus, in the hallways, or at recess — wherever the bully is.
- **Act brave, walk away, and ignore the bully.** Firmly and clearly, tell the bully to stop, and then walk away.
- **Tell an adult.** Teachers, principals, parents, and lunchroom personnel at school can all help stop bullying.

SOURCES:

- <https://www.pacer.org/bullying/nbpm>
- <https://kidshealth.org/en/parents/bullies.html>
- <https://www.cdc.gov/violenceprevention/yong.gov/youthviolence/bullyingresearch/fastfact.html>
- <https://www.stopbullying.gov>

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HEALTH BULLETIN

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