

## IF YOUR CHILD IS BEING BULLIED



### ARE YOU SEEING THE SIGNS?

- Reluctant to go to school or certain places.
- Silent about what's happening at school.
- Frequent lost or damaged possessions.
- Academic problems.
- Difficulty concentrating.
- Low self esteem.
- Social isolation.
- Quiet, depressed, irritable, or anxious.

### WHAT DO YOU DO?

- Stay calm.
- Tell your child no one deserves to be bullied.
- Ask open-ended questions to get them talking.
- Do not encourage physical retaliation as a solution.
- Encourage your child to make new friends.
- Share your own experiences.
- Brainstorm ways to solve the problem nonviolently.
- Contact school officials to report any incidences. Report threats to law enforcement.

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