

## Signs That Your Child May be Being Bullied

- Makes up excuses to avoid going to school
- A drop in grades
- Wants to be driven or walked to and from school
- Torn clothes and bruises
- Needs extra money- money stolen
- Hungry after school because lunch/snack or money for them was stolen
- Fear and anxiety
- Nightmares or other changes in sleep patterns
- Sadness and/or depression
- Angry outbursts
- Withdrawal
- Loss of possessions- toys, baseball hats, sweatshirt, etc.

## Signs Your Child May Be a Bully

- Enjoys feeling powerful and in control
- Seeks to dominate and/or manipulate others
- May be popular with other students who envy his/her power and fear being a victim
- Is physically larger and stronger than peers
- Is impulsive
- Loves to win at everything, hates to lose at anything. Is a poor winner and a poor loser
- Seems to derive satisfaction or pleasure from other's fear, discomfort or pain
- Seems to have little or no empathy/compassion for others
- Seems unable or unwilling to see things from another person's perspective or "walk in someone else's shoes"
- Seems willing to use and abuse others to get what he/she wants
- Defends his/her actions by insisting that others "deserved it"
- "Someone made me do it". A conflict is always someone else's fault
- Blames others for his/her problems
- Generally oppositional or defiant toward adults
- Lacks coping skills

## What's a Kid to do?

- Ignore the bullying
- Pretend not to hear
- Walk away quickly
- Shout "NO! Go away!"
- Stand tall, head up
- Try not to cry until you are with a "safe" person
- Join a group of children. Travel with at least one other person
- TELL A TRUSTED ADULT!

Sources:

The Bully Free Classroom-Allan L. Beane, Ph. D.

Bullies are a Pain in the Brain-Trevor Romain

The Bully, the Victim, and the Bystander: Recognizing Behavior Patterns in Young Children