

TIPS FOR WHEN YOUR LITTLE TELLS YOU THEY ARE BEING BULLIED

WHAT IS BULLYING? Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behavior that intends to cause physical, social and/or psychological harm.

- Bullying is not sibling banter, or light teasing that does not cause physical or mental harm

- Take your Little seriously.
- Do not brush it off if your Little tells you they are being bullied.
- Bullying can lead to tragedy such as suicide or school shootings.

Provide strategies for the child- advise your little not to fight or bully back, instead its best to walk away, hang with others, and tell an adult

- Other strategies include buddying up- tell the child to stick with a friend at recess or when walking the halls so they are not a lone target, have the child practice ignoring the bully and using a poker face, tell the child the importance of talking about it to whoever they feel comfortable with (Bigs, parents, teachers, counselor)

HELPING KIDS DEAL WITH BULLIES LINKS:

Helping Kids Deal with Bullies: <https://kidshealth.org/en/parents/bullies.html>

Kids Against Bullying: <https://www.pacerkidsagainstabullying.org/>