

# Information Found on [www.bullying.org](http://www.bullying.org)

## Advice for Parents

Look for signs of your being bullied, such as

- trouble sleeping
- wetting the bed
- stomach and headaches
- lack of appetite, throwing up
- fear of going to school
- visiting the school nurse more often
- crying before/after school
- lack of interest at social events that include other students
- Complains of illness before school events often
- Frequent visits to the school nurse or office complaining of feeling sick - wants to call Mom or Dad to come & get them
- Lowered self-esteem
- A marked change in attitude, dress or habits
- Unexplained broken personal possessions, loss of money, loss of personal items
- Unexplained bruises & injuries or stories that don't add up
- Acting out aggression at home
- Missing or incomplete school work, decreased success in class
- Teach your child to communicate. If an adult or a child is bullying them, they need to have the skills to persistently seek assistance
- As a parent of a child being bullied, do not accept the bullying behavior as a problem your child has to live with. The bullying behavior is the responsibility of the bully, not the child being bullied