

August 2009 *LifeSolutions* Corner

I think my child is being bullied at school. What do I do?

Many children, particularly boys and older children, do not tell their parents about being bullied. It is important that you stay vigilant to possible signs of bullying. The warning signs can include:

- Coming home with torn, damaged, or missing pieces of clothing, books, or other belongings
- Having unexplained cuts, bruises, and scratches
- Having few, if any friends, with whom he or she spends time
- Being afraid of going to school, walking to and from school, riding the school bus, or taking part in organized activities with peers
- Taking a long, "illogical" route when walking to or from school
- Losing interest in school work or suddenly beginning to do poorly in school
- Appearing sad, moody, teary, or depressed when he or she comes home
- Complaining frequently of headaches, stomachaches, or other physical ailments
- Having trouble sleeping or having frequent bad dreams
- Experiencing a loss of appetite
- Appearing anxious and suffering from low self-esteem

What to do if you suspect that your child is being bullied:

- **Talk with your child.** Tell your child that you are concerned and that you'd like to help.
- **Talk with staff at your child's school.** Call or set up an appointment to talk with your child's teacher. He or she will probably be in the best position to understand the relationships between your child and other peers at school.
- **Contact *LifeSolutions*.** *LifeSolutions* can work with you to assess what is really going on and help you get connected to the most appropriate resources. You can also visit us on the Web at www.lifesolutionsforyou.com to find more articles and information on the topic of bullying.

Source: Tip Sheets: Warning Signs that a Child is Being Bullied. Stop Bullying Now! Health Resources and Services Administration (HRSA). July 15, 2009. <http://www.stopbullyingnow.hrsa.gov/adults/tip-sheets/tip-sheet-07.aspx>