



Is My Child Being Bullied?

How do you know if your child is being bullied? There is no certain way of knowing a young person is being bullied, the signs may not all be obvious. Most can actually be very subtle. This includes:

- Your child begins to dislike going to school. They will want to avoid the place where they are being bullied, especially if they know that they are not yet capable of averting it from happening.
- Your child grades begin to suffer. Often times a child will have a hard time concentrating on academics when they are being bullied.
- Your child becomes moody. If your child is showing sudden signs of wanting to be alone or not wanting to talk with anyone, or even just being less himself you may want to keep an eye on your child and see if anything is going on.
- Your child gives up interests and hobbies. Most kids tend to withdrawal from extracurricular activities fearing more bullying.
- Your child being hungrier when he comes home from school than before. Unless your child has joined a sport it may be that they aren't getting any lunch.
- Your child suddenly has no savings. Most kids tend to splurge on candy and hotdogs but they usually do save something for something they really want, like comic books. If your child suddenly has no savings but no additions to his collection, someone may be taking his money from him.
- Your child comes home with bruises, damaged clothes or in poor condition compared to when he left home for school. This would be the most obvious sign and means you really need to step up and protect your child.

*Remember there could be other reasons for these.

What can Parents of Victims of bullying do? If you know or suspect your child is being bullied, but his school hasn't communicated with you about the situation, you should ask questions right away. Knowing your own child is being victimized can evoke strong feelings, but you'll get much more cooperation from school personnel if you can stick to the facts without becoming overly emotional. While you may want assurance that everyone involved is punished severely, try to focus on putting an end to the bullying!

- Ask questions carefully, persistent questioning may be counter-productive.
- Take an interest in his/her friends. Listen carefully when your child is talking to you.
- Ask what happens at morning interval, lunchtime and on the way to and from school .
- If you are still worried, share your concerns with the school. At least the school will be alert to the possibility of a problem.