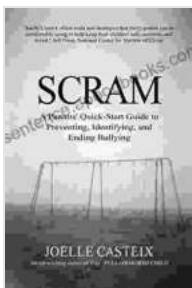


# Parent Quick Start Guide To Preventing, Identifying, And Ending Bullying

Bullying is a serious problem that can have devastating effects on children. As a parent, it's important to be aware of the signs of bullying and to know how to prevent it. This guide will provide you with the information you need to keep your child safe from bullying.



## Scram: A Parent's Quick-Start Guide to Preventing, Identifying, and Ending Bullying by Joelle Casteix

★★★★☆ 4.5 out of 5

Language	: English
File size	: 321 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 27 pages
Lending	: Enabled
Screen Reader	: Supported



## What is bullying?

Bullying is any unwanted, aggressive behavior that is intended to harm or intimidate another person. It can take many forms, including physical, verbal, social, and cyberbullying.

Physical bullying includes hitting, punching, kicking, shoving, and other forms of physical violence. Verbal bullying includes name-calling, teasing, and other forms of verbal abuse. Social bullying includes excluding

someone from a group, spreading rumors about them, or making them feel isolated. Cyberbullying includes sending hurtful or threatening messages or images online or through text messages.

### **What are the signs of bullying?**

There are many signs that a child may be being bullied. These include:

- Physical injuries, such as bruises, cuts, or scratches
- Changes in behavior, such as becoming withdrawn, anxious, or aggressive
- Changes in school performance, such as declining grades or skipping school
- Difficulty sleeping or eating
- Avoiding social activities
- Talking about feeling worthless or hopeless

### **How can I prevent bullying?**

There are many things you can do as a parent to help prevent bullying. These include:

- Talk to your child about bullying. Make sure they know what bullying is and how to recognize it.
- Encourage your child to talk to you or another trusted adult if they are being bullied.
- Help your child develop positive self-esteem and coping skills.

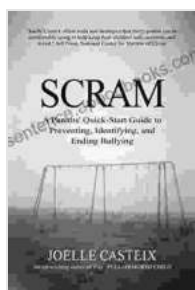
- Monitor your child's online activity and make sure they are using social media safely.
- Get involved in your child's school and community. Volunteer your time or join a parent-teacher organization.

## What should I do if my child is being bullied?

If you think your child is being bullied, it's important to take action. Here are some steps you can take:

- Talk to your child about what's going on. Let them know that you're there for them and that you will help them stop the bullying.
- Contact the school and report the bullying. The school should have a policy in place to deal with bullying.
- Get law enforcement involved if necessary. If the bullying is severe or if the school is not taking action, you may need to call the police.
- Seek professional help for your child. A therapist can help your child cope with the effects of bullying and develop strategies for dealing with bullies.

Bullying is a serious problem, but it is one that can be prevented and stopped. By working together, parents, schools, and communities can create a safe environment for all children.



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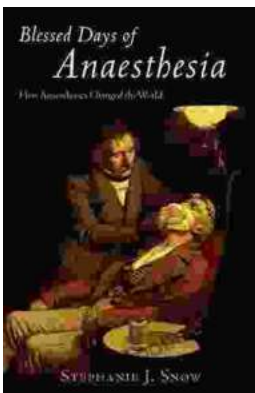
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