How do parents **know** if their child is involved in **bullying**?

Bullying is usually hidden from adults.
Look for the following clues:

Signs of being bullied

- Afraid to go to school or other activities
- Appears anxious or fearful
- Low self-esteem and makes negative comments
- Complains of feeling unwell
- Lower interest in activities and performance
- Loses things, needs money, reports being hungry
- Injuries, bruising, damaged clothing or articles
- Appears unhappy, irritable
- Trouble sleeping, nightmares
- Threats to hurt themselves or others
- Appears isolated from his/her peer group

Signs of bullying others

- Aggressive with parents, siblings, pets and friends
- Low concern for others' feelings
- Bossy and manipulative behaviour
- Unexplained objects or money
- Secretive about possessions and activities
- Holds a positive view of aggression
- Easily frustrated and quick to anger
- Does not recognize impact of his/her behaviour
- Has friends who bully and are aggressive
- Child has trouble standing up to peer pressure

Making a **Difference** in **Bullying**

What parents of adolescents need to know

Bullying is repeated and aggressive behaviour by a person that is intended to cause harm, fear, or distress to another individual. This includes psychological harm and/or harm to a person's reputation. Bullying is a behaviour that occurs in a context where there is a real or perceived power imbalance between the individuals based on factors such as size, strength, age, intelligence, peer group power, economic status, social status, religion, ethnic origin, sexual orientation, family circumstances, gender, race or disability.

For additional resources, check out http://prevnet.ca/

New Nouveau Brunswick

PREVNet

Is your adolescent being bullied?

Sharing these tips with him/her may help:

- Talk to someone you trust, like a parent or teacher. They can offer support and develop a plan to end the harassment.
- Think about how your behaviour may be making the problem bigger or smaller.
- Ignore the bullying and walk away. Make them think you don't care.
- Try not to show that you are upset when bullied.
- Laugh it off. Humour shows you're not bothered.
- Stay close to students you can count on to stick up for you.
- Stay away from areas where bullying happens.
- Act confident. Hold your head up, make eye contact, walk confidently.
- Make time to do things that make you feel good about yourself.
- Do what's right. Never carry a weapon.
- Be assertive, not aggressive. Fighting back can make things worse.

Does your adolescent watch bullying? Sharing these tips with him/her may help:

- Talk to someone who can help, like a parent or a teacher. It's their job to intervene and make the bullying stop.
- Walk away and get help. If you stay and watch, you are part of the problem. If you get help, you're part of the solution.
- Be assertive, not aggressive. Speaking out helps, fighting and insulting others doesn't.
- Ask for help from others in speaking out against harassment. There's strength in numbers.
- Make an anonymous report to school staff if it's too hard to speak out publicly.
- Invite the student being targeted to leave with you.
- Stand up for those being targeted—they may not be able to do it for themselves.
- Stay safe. If speaking out doesn't make the harassment stop, get help from someone who can safely intervene.

Does your adolescent bully others? Sharing these tips with him/her may help:

- Talk to someone who can help, like a parent or a teacher. They can offer support and help you find ways of getting along with others better.
- Put yourself in the other person's shoes. Think about what it must feel like to be picked on, put down, or left out. Would you want to be treated that way?
- Make an excuse and walk away from situations where you might bully.
- Resist peer pressure to bully—do what's right.
- Find ways to use your power and influence in a positive way rather than a negative way.
- Apologize to the people you've hurt.
- Hang out with friends who will keep you in check.
- Remember that everyone is unique and different. Different doesn't mean worse or better than you.
- See people as individuals, not stereotypes.
- Know that if other teens watch and laugh, it doesn't mean they like it when you target others.