

# What To Do If Your Child Is Being **BULLIED**



**One out of every four students reports being bullied during the school year, according to the National Center for Educational Statistics. Some children never tell anyone, so the actual number is even higher.**

While the exact number of children dealing with this issue is unknown, what is clear is that bullying is beyond kid's play.

Bullying may cause children to miss school, engage in self-harm or attempt suicide. Bullying can be physical, verbal or social (excluding someone or spreading rumors about them).

**Being bullied not only hurts children now, but may contribute to health problems in adulthood, according to research.**

If your child is being bullied, consider taking these steps:

- ▶▶ **Don't blame your child** for the bullying. Praise him or her for telling you about it.
- ▶▶ **Avoid telling your child to fight.** This may lead to injuries or more serious issues with the bully.
- ▶▶ **Urge your child to find an adult** when he or she is bullied.
- ▶▶ **Contact a teacher or principal** to talk about the bullying and offer to work with school personnel to stop it.
- ▶▶ **Provide opportunities for your child** to socialize with friends outside his or her school or neighborhood.
- ▶▶ **Encourage your child to engage in activities** and hobbies they enjoy to build confidence and make friends to help avoid bullying behavior.
- ▶▶ **Provide a safe and loving home** where respectful behavior is practiced.
- ▶▶ **Follow up.** Provide ongoing support to your child. Stay in touch with the school to ensure the bullying has stopped.
- ▶▶ **Seek counseling** or a mental health professional if more support is needed.

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**Let your child know that when it comes to  
dealing with bullying, he or she is not alone.**

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1-800-552-7096 Virginia Child Abuse Hotline (language line available)

800-Children (800-244-5373) Parent Helpline