



## HOW TO HELP IF YOUR CHILD IS A BULLY

It's hard to admit, but your child might be a bully. Actually, all children (and adults) act aggressively at times. Everyone has the potential to be a bully. But bullying is not simply child's play or typical kid's behavior. It can have serious consequences for both the bully and the victim. Studies show that children who bully are more likely to skip school, drop out of school, get into fights and be involved in other risky behaviors.

Bullying is mean or aggressive behavior. It can be verbal like name-calling or insults; physical like hitting or pushing; or relational like excluding someone from a game. Usually the bully has more power and is being mean on purpose. Often bullying continues over time. If your child has any of these behaviors, it's time to take action.

### How To Help

1. Make it clear to your child that you take bullying seriously and that you will not tolerate this behavior.
2. Develop clear and consistent rules within your family for your child's behavior. Praise and reinforce your child for following rules and use non-physical, non-hostile consequences for rule violations.
3. Spend more time with your child and carefully supervise and monitor his/her activities.
4. Build on your child's talents by encouraging him/her to get involved in positive activities like clubs, music lessons or non-violent sports.
5. Share your concerns with your child's teacher, school counselor or principal. Work together to send clear messages to your child that his/her bullying must stop.
6. If you or your child needs additional help, talk with your school counselor or other helping professional.

- Taken from Children Who Bully, part of the resource kit found at [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov).

## Other Resources

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov). This is a great resource for both children and adults.

[The Bully, the Bullied, and the Bystander: From Preschool to High School--How Parents and Teachers Can Help Break the Cycle of Violence](#) by Barbara Coloroso

[Bullies Are a Pain in the Brain](#) by Trevor Romain and Elizabeth Verdick

[Cliques, Phonies, & Other Baloney](#) by Trevor Romain