

# Bullying – a parent's perspective

A guide by Dr. Allan L. Beane



**Bullying**

Assault  
Bystander  
Destroying Things  
Cyberbullying  
Exclusion  
Embarrassment  
Hitting  
Harassment  
Intimidation  
Kicking  
Name-Calling  
Pinching  
Mean Looks  
Mean Notes  
Rumors  
Stealing  
Teasing  
Threats  
Shoving

# WARNING SIGNS

## Your child is possibly being bullied...

- Loses interest in school, refuses to go
- Seems happy on week-ends but not on week days
- Seems withdrawn, anxious, or fearful – won't say what's wrong
- Develops sudden behaviour change – such as bed-wetting, tics, appetite loss, stuttering
- Has few or no friends – rarely invited to social events
- Has started bullying others: is aggressive, rebellious, or unreasonable

# WARNING SIGNS

## Your child could be bullying others...

- Behaves aggressively towards siblings
- Is always determined to win, has trouble losing
- Gets excited when conflict arises between others but stays cool during own conflicts
- Hides negative behaviours, denies responsibility when discovered, or blames others for personal problems.
- Seeks to dominate or manipulate others
- Seems to enjoy other people's fears, discomfort or pain; shows little or no empathy for others
- Has difficulty fitting into groups

# WHAT TO DO IF...

## **YOUR CHILD IS BEING BULLIED**

- Stay calm
- Find out what happened and keep a log of who, what, when, and where
- Contact your child's teacher as soon as possible
- Help your child to be bully proof

## **YOUR CHILD IS BULLYING OTHERS**

- Talk with your child
- Talk privately with the teacher
- Apply reasonable, age appropriate consequences
- Encourage your child's effort to change
- Reassure your child of your love

# For all children...

- Spend positive time with your child
- Monitor screen time
- Shut down your child's Facebook page if under 12 years old.
- Regulate the use of internet
- Supervise – where is your child and who is he/she is with?
- Help with social skills