

HOW TO AID YOUR BULLIED CHILD

Know These Red Flags of Being Bullied



Emotional Symptoms

- Mood swings
- Angry outbursts
- Bouts of sadness, depression or anxiety



Behavior Changes

- Loss of sleep/oversleeping
- Lack of appetite
- Withdrawal from family and friends
- Reluctance to go to school, falling grades
- “Losing” belongings (that are being stolen or broken)



Physical Indications

- Unexplained bruises or scratches
- Sudden weight loss or gain, stomach pain
- Coming home hungry (despite being given lunch or money)

Recognize These Short-Term Effects

- Psychological problems, including anxiety, shame, bedwetting, low self-esteem, depression, eating disorders, stomachaches or headaches with no physical cause
- Suicidal ideation, due to wrongly believing that suicide is the only way out of the situation or that “everyone would be better without me”
- Sleep issues, including having difficulty falling asleep and enduring nightmares, which can result in oversleeping in the morning
- Social exclusion or isolation, due to losing their support system if the bullied children’s peers feel pressured to abandon them
- Poor school performance, for example, 20% of bullied middle schoolers reported feeling unsafe at school; 7% stayed home because of it



Understand These Long-Term Consequences

- Anxiety disorders, including chronic or generalized anxiety, panic attacks, and agoraphobia (fear-based avoidance of certain places or situations)
- Chronic depression, resulting from the hopelessness felt when not being helped in their youth
- Heavy smoking, which typically leads to ongoing heart and lung problems
- Lower educational qualifications, due to having avoided school, where the bullying typically occurred
- Employment issues, including unemployment or underemployment from not mastering academic lessons and social skills during school years
- Social relationship problems, resulting from difficulty making and keeping friends as children



Five Ways to Help

Teach your kids the correct reaction; being mistreated is not the norm.

Build your children’s confidence so they don’t appear as targets.

Report bullying.

Stop the bullying before it starts by practicing firm, non-antagonistic phrases.

Talk to the bully’s parents.

