

What are the effects of bullying?

Kids who are bullied can experience negative physical, social, emotional, academic, and mental health issues.

Kids who are bullied are more likely to experience:

- depression and anxiety
- changes in sleep and eating patterns
- loss of interest in activities they used to enjoy
- health complaints
- decreased academic achievement

Kids who are bullied are more likely to:

- miss, skip, or drop out of school, or
- think about suicide

What causes bullying?

There is no single reason that explains why bullying happens.

Children and adults can be bullies for a number of reasons.

- struggle expressing anger or frustration related to problems at home or school
- were bullied in the past
- are in a position of power without skills to use it wisely
- attention seeking
- tendency toward aggressive behaviors, combined with physical strength or weakness



Image courtesy of pngwave

How do I know if my child might be a bully?

If one or more of the items below apply to your child, he or she may need your help to correct patterns of bullying behavior. The more of these that apply, the more serious the issue of bullying may be for your child.

- doesn't care about hurting others' feelings
- shows disrespect for authority and rules
- shows disrespect for the opposite sex and people of different racial, ethnic, or religious backgrounds
- enjoys fighting
- doesn't trust others
- won't admit mistakes
- believes "everything should go my way"
- lies frequently to get out of trouble
- deliberately hurts pets or other animals
- uses anger to get what he or she wants

How do I help my child stop bullying behaviors?

Home is the best place for children to learn the values and attitudes necessary for healthy peer relationships. Children look to their parents as role models for appropriate behavior. Positive social skills aren't so much taught as they are "caught" when children observe them in practice in their parents' behavior.

Resources

stopbullying.gov
www.stopbullying.gov

Center for Parent Information & Resources
www.parentcenterhub.org/bullying

Teens Against Bullying
www.pacerteensagainstabullying.org

Kids Against Bullying
www.pacerkidsagainstabullying.org

For more information visit the Kansas State Department of Education's

- Implementation Guidance for Bullying Taskforce Recommendations - <https://bit.ly/3td0TXX>
- Kansas Blue Ribbon Task Force on Bullying Final Report - <https://bit.ly/3rUnAA0>
- Bullying Awareness and Prevention - <http://bit.ly/3trtPvD>

For additional information contact **Families Together, Inc.** at (785) 233-4777 or www.familiestogetherinc.org or the **Kansas Parent Information Resource Center** at (866) 711-6711 or www.ksdetasn.org/kpirc