

IS YOUR CHILD BEING BULLIED?



We all hope our children will seek help if they're experiencing problems with bullying. Unfortunately, that isn't always the case. Children who are the victims of bullying may be reluctant to seek help because they are ashamed or afraid.

While it is important to encourage our children to come to us if they need help, we can also educate ourselves on signs that bullying might be taking place.

If you think your child may be facing problems with bullying, below are some signs to look for:

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- SIGNS YOUR CHILD IS BEING BULLIED**
- Complains of headaches or nausea
 - Is anxious about attending school
 - Loses interest in favourite activities
 - Has a decline in school achievement
 - Has missing or broken possessions
 - Has unexplained injuries
 - Is unusually quiet, sullen or distracted
 - Has unexpected temper tantrums
 - Is easily frustrated and argumentative

Children will respond differently to bullying. Some may seek revenge while others may withdraw.

Pay careful attention to unusual changes in your child's behaviour and if you think your child is experiencing problems with bullying, talk to him or her. Express your concern, making it clear that you want to help.

Learn tips & strategies for talking to your child about bullying. Visit www.witsprogram.ca/families

