

IS YOUR CHILD HAVING PEER CONFLICT PROBLEMS?



We all hope our children will seek help if they're experiencing problems with peer conflict. Unfortunately, that isn't always the case. Children who are the victims of harmful peer conflict may be reluctant to seek help because they are ashamed or afraid. Children who experience issues with conflict because they are chronically aggressive toward their peers may not realize they have a problem and thus fail to seek help.

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

Below are some signs to look for:



SIGNS YOUR CHILD IS BEING VICTIMIZED

- Complains of headaches or nausea
- Is anxious about attending school or 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



SIGNS YOUR CHILD HAS CHRONIC AGGRESSION

- Gets into physical or verbal fights often
- Is frequently sent to principal's office or detention
- Has extra possessions or money that cannot be explained
- Is quick to blame others or use negative words to describe them
- Is easily frustrated or argumentative
- Has a need to win or be the best at everything

Pay careful attention to unusual changes in your child's behaviour and if you think your child is experiencing problems with peer conflict, 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 peer conflict. Visit www.witsprogram.ca/families

