

THE *Counseling* CONNECTION

St. Hilary School

Mrs. Eldred, Mr. Murray, Mrs. Parisi

Rude, Mean or Bullying? How to Tell and How to Help Your Child

There is an enormous amount of discussion about bullying. Parents want to protect their children from it and prevent them from engaging in it. Often times, however, rude or mean behavior can be mistaken for bullying. (See attached graphic for definitions and examples of each)

Types of Bullying

- Verbal:** Saying or writing mean things
Social: Damaging a person's reputation or relationships
Physical: Hurting a person's body or possessions
Cyber: Takes place over digital devices (computer, cell phone, tablet)

Is Your Child Being Bullied? Know the Signs:

- Reluctance to go to school/ride bus
- Frequently sick, headaches, trouble sleeping
- Moody, anxious, or depressed
- Reluctance to use computer/cell phone
- Mood changes after being online/cell phone

What Should Parents Do?

- **DON'T** over-personalize it, take over immediately, minimize or blame
- **DO** have open conversations, strategize with your child, encourage your child's positive behavior, talk to a school counselor, teacher or administrator

January's Focus:

Bullying: What it is and How to Help Your Child

"Child and Teen Bullying: How to Help When Your Kid is Bullied,"
Debbie Pincus, MS LMHC

8 Keys to End Bullying: Activity Book for Kids & Tweens
by Signe Whitson



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is it

BULLYING?

When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE.**

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN.**

When someone says or does something *intentionally* hurtful and they *keep doing it*—even when you tell them to stop or show them that you're upset—that's **BULLYING.**

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