

Indicators

Warning Signs of those being Bullied:

- Withdrawal
- Drop in grades
- Torn clothing
- Loss of friends
- Avoidance of school and other activities
- Bruises
- Need for extra money or supplies

Kids who are bullied often:

- Are different from other kids, whether by size, race, sexually, or have different interests
- Seem weak, either physically or emotionally
- Are insecure
- Want approval
- Won't tell on their bullies

Kids who are bullied are more likely to:

- do poorly in school
- have low self-esteem
- be depressed
- turn to violent behavior to protect themselves or get revenge on their bullies
- Kids who bully are more likely to:
 - do poorly in school
 - smoke and drink alcohol
 - commit crimes in the future

Here are a few things we or parents can do. We highlighted

- Teach kids to solve problems without using violence and praise them when they do.
- Give children positive feedback when they behave well to help their build self-esteem. Help give them the self confidence to stand up for what they believe in.
- Ask your children about their day and listen to them talk about school, social events, their classmates, and any problems they have.
- Take bullying seriously. Many kids are embarrassed to be bullied. You may only have one chance to step in and help.
- If you see any bullying stop it right away, even if your child is the one bullying.
- Encourage your child to help others who need it.
- Don't bully your children or bully others in front of them. Many times kids who are bullied at home react by bullying other kids. If your children see you hit, ridicule, or gossip about someone else they are also more likely to do so themselves.
- Support bully prevention programs in your child's school. If your school doesn't have one, consider starting one up with other parents, teachers, and concerned adults.

CLASSROOM AVENGERS

While bullies may be obvious due to their outward behavior, the “classroom avenger” is more difficult to recognize because he generally does not exhibit his violent tendencies. His behavior may be normal, but include spending countless hours on the internet or playing video games (usually an expert).

Characteristics:

- Usually a good student
- Adults like him
- Dress is usually in keeping with what other teens are wearing
- Little or no previous history of delinquent behavior
- Usually not known to have a psychiatric problem
- Most kids may think he is a bit of a nerd
- Over-all he’s an ok kid
- May be the target of teasing or bullying

Factors that May Contribute to the Development of His Violent Acts:

- Parents divorced, separated, or constantly involved in episodes of intense friction between them or children
- Abused
- Neglected
- Witness to violent acts in real life or through media
- Problems differentiating between fantasy and reality