

*Adapted from the NASP article:* **Bullies and Victims: Information for Parents**

### **Be Alert to Warning Signs of Victimization**

Watch for warning signs that your child might be the victim of bullying. Here are some questions to ask yourself:

- Does my child fear going to school? Is my child anxious about school? Has my child been out sick a lot? Does my child often complain about not feeling well as a way of avoiding school?
- Have I noticed bruises on my child? When I ask my child about the bruises, what is the response?
- Does my child have friends? Who are the friends? Have I seen the way that they interact? Is my child submissive or withdrawn with other children?
- Does my child seem unhappy or insecure? Does my child talk about “nobody liking her” or “not having any friends?” Does my child talk about wanting to hurt someone or get back at someone?
- Does my child seem to have low self-esteem or self-confidence? Does my child have difficulty being assertive?

### **Be Alert to Warning Signs of Bullying**

Watch for warning signs that your child might be engaging in bullying behavior. Here are some questions to ask yourself:

- Has my child ever been accused of being a bully at school or elsewhere?
- Has my child gotten into trouble for fighting (physically or verbally) with other children at school?
- Does my child become easily frustrated when he does not get his way? Is my child defiant or oppositional?
- Who are my child’s friends? How does my child interact with others? Have I witnessed my child with other children? Is she dominant or aggressive?
- What does my child do with spare time? What are my child’s hobbies?

- Does my child speak about other children as “stupid” or use other negative terms to describe others? Does my child talk about certain children “deserving” bad things to happen to them or showing little concern for others in bad situations?