

# Bullying Prevention

## Information and Resources

### Warning Signs a Child Is Being Bullied

<https://www.stopbullying.gov/bullying/warning-signs>

- Feels sick or fakes illness
- Becomes withdrawn
- Avoids devices, or appears nervous when using them; hides screens around others
- Appears uneasy about school
- Becomes frustrated or upset after using devices
- Loses interest in schoolwork or grades decline

- Gets into verbal or physical fights
- Has friends who bully others
- Becomes increasingly aggressive
- Noticeably increases device use or time online
- Hides screens when others are near
- Social media accounts disappear or new ones are created

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### How Parents Can Help Prevent Bullying and Support Their Child

<https://www.stopbullying.gov/resources/what-you-can-do>

- Learn what is bullying and what it is not
- Be aware of signs of involvement with bullying
- Talk with your child about acceptable digital behavior; consider a digital use contract
- Monitor your child's online activities
- Know who your child's friends are
- Seek your child's input in determining your response to the behavior of concern
- Communicate with your child's school

Department of Specialized Services  
<https://tinyurl.com/FamilyBullyingSupports>



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