

Bullying: What Every Parent Needs to Know

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What is bullying?

- Bullying occurs when one or more children repeatedly use aggressive behaviour to manipulate, upset, or harm another child.
- There are 4 major forms of bullying:
 - Physical* - being kicked, hit, pushed, beat up; having your personal belongings damaged or stolen
 - Verbal* - being called mean names, insulted, verbally threatened or humiliated
 - Relational* - being ostracised, gossiped about, or deliberately isolated from peers
 - Cyber* - using technology to threaten, harass, embarrass, socially exclude, or damage reputations and friendships



What is the impact of being bullied?

- Children who are bullied face many social and emotional risks, including a greater chance of feeling depressed or anxious, being lonely, and having low self-esteem.
- Being bullied also can lead to poor attendance at school, low motivation, and a drop in academic performance.

What are some signs that a child is being bullied?

These are some of the "red flags" that adults can look for as signs that a child is being bullied:

- Afraid to go to school or other activities
- Makes negative comments about self
- Complains of headaches and stomach aches
- Decreased interest in activities or a drop in school performance
- Loses things, needs money, reports being hungry at school
- Comes home with injuries, damaged clothing or belongings
- Appears unhappy, irritable
- Trouble sleeping, nightmares
- Seems isolated from the peer group

(Source: <http://www.preynet.ca/bullying/signs>)



What does this mean for my child?

- Although many children may be bullied at one time or another, children with disabilities appear to be especially vulnerable to being the targets of repeated aggression from their peers. Know the signs and what you can do if bullying is impacting your child.

What should I do if I suspect or know that my child is being bullied?



If you think your child is being bullied, please visit the "Promoting Relationships and Eliminating Violence Network" website at www.preynet.ca. This website is the premier source for evidence-based information about bullying prevention in Canada, including tips for parents of children of all ages.

What other resources can I access?

- In a radio interview by Out of Step's TOOST Radio, Dr. Campbell joined two other guest panelists to discuss the facts about bullying and children with disabilities, as well as strategies to reduce the risk. To listen to the conversation, please go to <http://www.outofstep.com/toost-radio/bullying/>
- You can also download our Keeping Current on "Bullying Risk in Children with Disabilities" at http://www.canchild.ca/en/canchildresources/bullying_risk_children_disabilities.asp

References

Campbell, W.N., & Missiuna, C. (2011). Bullying risk in children with disabilities: A review of the literature. *Keeping Current (KC#2011-1)*, CanChild Centre for Childhood Disability Research, McMaster University, Hamilton, ON, Canada. Also available at www.canchild.ca

PrevNet (n.d.). *Bullying: Special Populations*. PrevNet Fact Sheet. Downloaded from <http://www.preynet.ca/research/fact-sheets/bullying-special-populations>