



BULLYING

Sometimes children or adults use words or actions to hurt or scare a child. Harmful words and actions can affect a child's behavior. When an adult or child uses words or actions to frighten or threaten a child, it may be **Bullying**.

Bullied children often feel anxious, lonely, or fearful. Children who bully other children may have challenges that cause them to bully. They may have been bullied by someone else or experienced trauma. Children who bully need help and children who are bullied need help. Without the right help, children can develop long-term behavioral challenges.

What does bullying look like?

Bullying can be done out loud in front of other people. Bullying can happen on the internet and through social media. Bullying can happen in private where no one else sees or hears. Bullying may include physical threats to a child or doing things to embarrass the child.

Bullying can be teasing, name calling, making threats, spreading rumors, or harming the victim or the victim's property.

How can I help my child?

If you think someone is bullying your child, talk to your child. Explain what bullying is. Listen carefully to what they say. Tell your child that you support them. Tell your child that the bullying is not their fault. Ask your child if they feel safe. Identify ways to help them feel safe. You can find information about how to help your child and stop bullying at <https://www.stopbullying.gov/prevention/support-kids-involved>.

If the bullying is affecting the child's mood and behavior, tell a counselor you trust and ask for help.

How can my child's school help?

Ask the school for help. Tell the child's teacher, school counselor, or other school employee about the bullying. Georgia law requires schools to create a plan to stop bullying at school and protect your child from bullying.

The school may have counseling services to help your child. Ask the school about counseling services.



BULLYING

What should I do if my child is bullying other children?

If you think your child may be bullying other children, talk to your child about bullying and listen carefully. Try to figure out what may be causing the bullying. Together create a plan to stop the bullying. If the bullying continues, talk to a counselor you trust and ask for help. You might also talk with your child's teachers and school counselor to discover why your child may be bullying other children. They can help you create a plan to stop the bullying.

Where can I find more support?

You can call the Georgia School Safety Hotline at 1-877-SAY-STOP (1-877-729-7867) for help. You do not need to share names or other personal information to receive help.

The Georgia Department of Education Bullying Prevention Resource webpage has additional information at <https://www.gadoe.org/schoolsafetyclimate/Pages/Bullying-Prevention.aspx>.