



**BULLYING** is a serious action taken by a peer against another peer through exercising power and control through verbal and or physical assault. Bullies select victims with great precision. Victims of bullying are often sensitive, vulnerable young people who may not belong to a popular group or any group at all. Bullying can take a terrible toll on the lives of school aged children. Victims of bullies suffer from increased fear, anxiety, decreased self-esteem and social isolation. They are often silenced and do not disclose their full abuse experiences to adults due to concern about increasing the intensity of future peer attacks. It is important to understand bullying behavior and to identify the tactics used. Children affected by being bullied need assistance.

### **COMMON QUESTIONS**

- ☺ *Will my child eventually disclose their full bullying experience?*
- ☺ *What can I do to help my child? I do not want to make things worse.*
- ☺ *My child is highly sensitive, what are the long-term effects for my child?*
- ☺ *Should I consult with the school and if so, who should I talk to first?*
- ☺ *How do I know if it is the right time to move my child to a new School?*
- ☺ *Is my child a passive or provocative victim?*
- ☺ *Will child counseling or play therapy help my child?*
- ☺ *How can I help my child to make friends?*
- ☺ *Should we instruct our child to “fight back”?*
- ☺ *Will social skills training help my child increase their skills with others?*