

## What we do...

- We **educate** families, communities and policymakers about how to prevent child abuse and neglect.
- We **promote** positive attitudes, behaviors and policies that value children.
- We **support** adults in their roles so they can better nurture and care for children.
- We **inform** about child maltreatment trends to raise awareness about child abuse issues.

**For prevention and parenting information and resources call**  
**1.800.CHILDREN**

**(1.800.244.5373)**

**TO REPORT CHILD ABUSE & NEGLECT CALL**  
**1.800.800.5556**

Since 1977, **Prevent Child Abuse Indiana** has worked to educate and inform Hoosiers about the importance of preventing the pain of child abuse and neglect. Our more basic premise is that, as a society, we should cherish the children...

**They are the future...**

parents...

leaders...

work force...

**They are our future.**

**Our vision**

To live in a state where

children flourish,

free from abuse and neglect.



**Prevent Child Abuse**  
**Indiana™**  
*A Division of The Villages*

[www.pcaain.org](http://www.pcaain.org)



# Bullying



**Pinwheels for**  
**PREVENTION®**

**Prevent Child Abuse**  
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Unfortunately, bullying has been a part of children's lives probably since the beginning of time. However, what was once thought of as "just a part of childhood" is now seen as a very serious, and sometimes deadly, form of abuse. Adults, as well as peers, need to stand up to bullying, and intervene immediately when it is believed that it is occurring. More importantly, let's find ways to prevent bullying from ever happening in the first place.

Here are just a few tips to prevent, and respond, to bullying (including cyberbullying):

- Understand that it is *not* a "rite of passage" for children to be bullied. It can have very long-term, even deadly, consequences.
- Pay attention to what is going on both at school and at home. If a child starts to fear going to school or to an activity, ask questions.



- Have clear discipline policies at school or in sports activities, and make it understood that bullying will not be tolerated, and that there will be consequences, including for cyberbullying.
- Have in-services for teachers and parents about what to look for in terms of bullying, and how to prevent it.
- Encourage youth to talk to an adult if they are being bullied, or if they know that bullying is occurring to a friend or classmate



- Supervise children when they are on-line, and tell them to never pass along harmful information about others
- Tell children to never give out personal information on-line.
- Insist on having access to their social media sites.
- Start teaching empathy at an early age (even from birth!) so that children will grow understanding how hurtful it is to harm or tease others.



- Teach interpersonal skills (again, from an *early* age). Many children who bully lack the skills to make or keep friendships
- Create opportunities for children to "do good", especially children you know or suspect may be engaging in bullying behaviors.

For more information, go to:  
[www.bullypolice.org](http://www.bullypolice.org)  
[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)  
[www.stopbullyingnow.net](http://www.stopbullyingnow.net)