



## EDUCATE YOURSELF

Bullying has been a part of children's lives 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. Let's find ways to prevent bullying from ever happening in the first place.

**Here are a few tips to prevent, and respond, to bullying (including cyber-bullying):**

- Understand that it is not a "rite of passage" for children to be bullied. It can have 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 and cyber-bullying will not be tolerated, and that there will be consequences.
- Have an in-service training 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 anyone.
- Supervise children when they are on-line and tell them to never pass along harmful information about others.



## EDUCATE YOURSELF CONT.

- Tell children to never give out personal information online.
  - Insist on having access to their social media sites and check them frequently.  
Start teaching empathy at an early age so that children will
  - grow up understanding how hurtful it is to harm or tease others.
  - Teach empathy and interpersonal skills. 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.
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- Bullying can affect physical and emotional health, both in the short term and later in life. It can lead to physical injury, social problems, emotional problems, and even death. Those who are bullied are at increased risk for mental health problems, headaches, and problems adjusting to school. Bullying also can cause long-term damage to self-esteem
  - Children and adolescents who are bullies are at increased risk for substance use, academic problems, and violence to others later in life.



## WANT TO LEARN MORE?

Visit these sites for more information.

<https://tinyurl.com/mrye6z88>

<https://tinyurl.com/4w7ru4ss>

<https://tinyurl.com/5ckhadh6>

## MORE ABOUT US

*Prevent Child Abuse Indiana is dedicated to preventing child abuse and neglect. In doing so, we make Indiana a safer, better place for our children.*



### INFO AND RESOURCES

For more prevention and parenting information, and resources, visit our website or call **1.800.CHILDREN** (1.800.244.5373)



### REPORT CHILD ABUSE

To report child abuse and neglect, please call **1.800.800.5556**



### SUPPORT OUR EFFORTS

Help support our statewide efforts to prevent child abuse and neglect by purchasing a Kids First License Plate. Visit your local BMV or [www.in.gov/dcs/2456.htm](http://www.in.gov/dcs/2456.htm) for more info.

**TOGETHER, PREVENTION IS POSSIBLE.**