

Bullying – A Straightforward Guide for Parents

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IDENTIFYING IF YOUR CHILD IS A TARGET OF BULLYING

If your child is being bullied, you may notice some of the following...

- lapses in concentration
- a reluctance to go to school (they may pretend to be ill or refuse to attend – older children may skip lessons)
- frequent complaints of headache or stomach ache
- arriving home with missing or damaged clothes / property (including missing money)
- a general decrease in interest in school
- having trouble with schoolwork for no apparent reason
- poorer school performance
- wanting to take a different route to / from school or asking to be accompanied
- unexplained scratches or bruises
- an increase in irritability or becoming particularly emotional
- coming home upset or directly after using the internet or mobile
- displaying different behaviour when using the internet or phone (being secretive or perhaps not looking at new text messages)
- a loss of appetite
- a difficulty sleeping and increased nightmares
- threats or attempts to harm themselves

Of course some of the above could just as easily indicate something else...



“Irritable? Moody? Doesn’t want to go to school? Sounds like a typical teenager to me!”

If your child has been displaying any of these behaviours recently, before jumping to conclusions, take a minute to ask yourself:

- *Could there be another reason for the change in behaviour?*
- *Have there been any recent changes in family life that may explain it?*
- *Could it be health-related?*

If your answer to these questions is no, you may want to address the issue with your child. Our next chapter deals with the best way of bringing up the subject.

We hope you enjoyed our free introduction to our
Bullying EBook – A straightforward Guide for Parents
that is packed with

***Essential Information and Tools
That Every Parent Needs
To Help Their Child with Bullying***

<http://www.lifeskillsprograms.com.au/catalog.htm>