

Is it possible your child is being bullied? Or, that your child is being a bully?

More than **one in five** children report being bullied.\*

Bullying has always been a serious problem, but now there are more ways to be bullied than ever before. Children can be bullied in person, by phone, or even electronically (cyberbullying). Acts of bullying include teasing, taunting, making threats, verbal or physical attacks, and exclusion from group activities. Examples of cyberbullying include posting pictures, starting rumors, or creating fake accounts on social media.

Bullying can be extremely detrimental, leading to sleep difficulties, depression, anxiety, low self-esteem, poor academic performance, and school avoidance. While there are many efforts to increase public awareness and intervention, bullying still persists. Children may not report being bullied for fear of being bullied more, or feeling embarrassed to be the target of bullying.

Bullying can happen quickly and secretly. Caregivers will not always know if bullying is taking place. The resources below may help start conversations with children about bullying behavior.

#### **Resources:**

Clark County School District – Report a Bully

<http://ccsd.net/students/bully/>

U.S. Department of Health and Human Services

<https://www.stopbullying.gov/index.html>

The Bully Project

<http://www.thebullyproject.com/>

#### **Free trainings:**

Bullying Prevention: Everyone's Responsibility

<http://npep.org/bullying-prevention-everyones-responsibility.html>

Bullies, Targets, and Bystanders: Responses that Work

<http://npep.org/bullies-targets-and-bystanders-responses-that-work-.html>

(This training is also available in Spanish)

Is your Child a Target of Bullying? (Pre-recorded webinar.)

<http://npep.org/webinar-archive.html>

Nevada PEP Training Calendar

<http://npep.org/training-calendar/month.calendar/2017/10/19/- .html>

\*U.S. Department of Education, National Center for Education Statistics, 2016