



# What is Bullying?

The definitions and what to do if your child is being bullied.

Bullying among children is intentional aggressive behavior and involves an imbalance of power or strength. A child who is being bullied has a hard time defending himself or herself. Usually, bullying is repeated over time. Bullying can take many forms, such as hitting or punching (physical bullying); teasing or name-calling (verbal bullying); intimidation using gestures or social exclusion (nonverbal bullying or emotional bullying); and sending insulting messages by phone or computer e-mail (cyber bullying).



Bullying can have serious consequences. Children and youth who are bullied are more likely than other children to have:

- Feelings of being depressed, lonely, anxious
- Low self-esteem
- Absence from school
- Suicidal thoughts



What to do if your child is being bullied:

- Focus on your child.
- Be supportive and gather information about the bullying.
- Help your child become more resilient to bullying.
- Discuss safety strategies with your child such as seeking help from a safe adult.
- Empathize with your child, tell them bullying is wrong and not their fault.
- Contact your child's teacher or principal and explain that you want to work with them to find a solution to stop the bullying.
- Keep your emotions in check. Give information about your child's experience of being bullied including who, what, when, where and how.

For more information visit [thecapcenter.org](http://thecapcenter.org) or call 916-244-1906

