
The Facts About Bullying

	Mental Health Series	
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4 Types of Bullying

Bullying is harming, intimidating, or coercing someone perceived as vulnerable, including physical, relational, verbal, and cyberbullying. While schools address it, parents are key to prevention. Take action by notifying the school, documenting incidents, monitoring emotional health, and escalating concerns if bullying is severe, regular, or affects education.

PHYSICAL

Physical bullying involves physical intimidation such as hitting, kicking, pushing, or unwanted touching.

Children don't always tell their parents, so watch for unexplained injuries, damaged clothes, or frequent complaints of headaches or stomach aches.

CYBERBULLYING

Cyberbullying happens online through hurtful posts, rumors, or false information that can cause humiliation. It can occur 24/7 with no relief, with lasting public effects that harm reputation and future opportunities. Cyberbullying is also hard to detect since adults often don't see or hear it happening.



RELATIONAL

Relational bullying involves exclusion - blocking someone from groups, games, or activities. Watch for mood changes in your child, withdrawing from peer groups, and increased isolation in your child.

VERBAL

Verbal bullying involves name calling, threats, or disrespect based on appearance, ethnicity, religion, disability, sexual orientation, etc. Parents can help empower their child by teaching them self-respect and confidence, and firm responses like "That wasn't nice." "Leave me alone." or "Back off."

What Kids Can Do

Treat everyone with respect -

Teaching kids to respect others reduces bullying.

Stop and think - It is important for kids to know what they say or do could hurt someone's feelings.

Divert mean energy - If you feel like being mean, channel it into exercise, biking, or talking to a friend.

Talk to an adult you trust - Having a trusting adult helps kids find support and new ways to be kind.

Remember everyone is different - Bullying often focuses on someone's differences and uses that difference to put down or intimidate another person. Children need to know that everyone is different in some way and it is important to look for good qualities in everyone they meet.

Apologize if you have bullied someone in the past - If you have bullied someone in the past, take the time to apologize, this helps you and the person that was bullied.

Stand up for Others - When you see bullying, tell an adult, be kind, and include the person being bullied. Show them you care.

What Teens Can Do

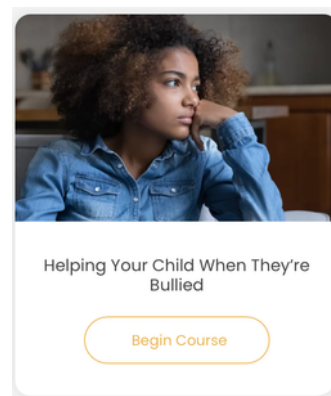
Bullying stops us from being who we are and how we express ourselves. If you are bullied, say something! Bullying is not acceptable and needs immediate action.

Speak Up/Tell an adult - If someone's actions or words make you uncomfortable, tell an adult early to prevent things from getting worse.

Stay Respectful - Understand what bullying is. It doesn't have to get worse before you act. Staying calm and respectful helps you handle the situation better.

Don't be a bystander - If a friend or someone you know is bullied, don't ignore it. Reach out to an adult to help.

Get Help - If you need support or are at risk, get help now! Call 988.



For helpful parenting resources visit:
[ParentGuidance.org](https://www.parentguidance.org)

Take a no-cost course at [ParentGuidance.org](https://www.parentguidance.org)

This course covers bullying, prevention, treatment, and supporting your child.

