




Signs your Child is being Bullied

What should you do if you suspect that your child is being bullied? If your child shows any of these signs, this does not necessarily mean that he or she is being bullied, but it is a possibility worth exploring.

Here are some commons signs that your child is being bullied:

- Loss of interest in school and extracurricular activities
- Frequent complaints of illness to avoid attending school
- Sudden decrease in academic performance
- Spends substantially less time on the Internet
- Unexplained bruises, scratches, and cuts
- Goes out of their way to hide things from you (like their backpack contents)
- Seems upset, moody or depressed
- Loss of appetite
- Trouble sleeping
- Anxiety or low self-esteem

You are your child's number one advocate, so if you think something is wrong, talk to your child right away. Even if you keep the lines of communication open, your child may still be afraid to bring up certain issues with you. They may feel embarrassed or ashamed of their bullying situation, and may not want to talk about it in person. Keep these lines of communications open by giving them options, like: Utilize anti-bullying software like CyberBully Alert (<http://www.cyberbullyalert.com/>)

-  Report the issue online via Cybertip.ca
-  Tell another trusted adult (teacher, uncle, Kids Help Phone)
-  Write the issue into an email instead of talking face-to-face