



## Addressing Bullying

Bullying involves one or more people teasing, being violent towards or harassing another on an ongoing basis. Bullied children are often afraid to tell anyone about the abuse and may try to hide that they are victims.

### Signs of Being Bullied:

- Lack of motivation
- Vagueness, especially around certain topics
- Unusual behavior
- Unexplained physical injuries
- Returns home from school/activities with damaged or missing belongings
- Isolation
- Changes in personality, eating habits, school work
- Depression, suicidal
- Lack of interest in school and activities

### Clues a Child May be Bullying Others:

- Is violent with others
- Verbally and/or physically fights with others
- Needs to be the best at everything
- Frequent detentions/visits to the principal's office
- Has extra money or new belongings that cannot be explained
- Blames others, does not accept responsibility for own actions
- Hangs out with bullies

### How to Help:

- Speak with the individual you believe is being bullied. Remember this child may be scared and might not trust you. Parents, you must be willing to let go and help them find someone they can easily speak to if they feel uncomfortable speaking with you.
- Let this person know how much you care. Point out all the wonderful things this individual has to offer; help re-establish self-esteem.
- Friends, make a special effort to include this person in your group activities and stick-up for this individual if it's safe to do so.
- Let someone else know that the bullying is occurring, a teacher, counselor, The Shelter.

### If You Are Being Bullied:

- Speak with someone you trust – a friend, teacher, counselor, parent or other trusted adult. Call 239.775.1101 for support.
- Consider speaking to the bully, but only if it's safe to do so.
- Ignore the individual if possible.
- Walk away when the bully approaches you.
- Think about the things you do well and don't believe everything the bully says! You are a valuable and important person just as you are.

- Hang around other people – there is safety in numbers.
- Be confident – bullies typically pick-on people they think are weak. Standing up to them may work.  
Consider:
  - Telling them to leave you alone
  - Being nice to them – it may throw them off

Knowing what to look for and who to call for help is crucial not only for children, but parents and teachers. The Shelter is available as a resource to our community through in-school prevention programs, our Youth Advisory Council and our confidential 24-hour crisis line 239.775.1101.

Learn the warning signs, start the conversation and empower your children to live healthy, violence-free lives.

239.775.3862 Administration

293.775.4265 TTY

Confidential 24-hour crisis line: 239.775.1101

[www.naplesshelter.org](http://www.naplesshelter.org)