



Seasons Counseling Center

Helping Your Child Deal with Bullying

Empowering Parents & Children in Difficult Situations

Signs Your Child May Be Experiencing Bullying

- ☹️ Frequent headaches or stomachaches
- 😊 Sudden changes in mood, appetite, or sleep
- 📁 Unexplained bruises, scrapes, or missing items
- 🍊 Fear of going to school or specific activities
- 😊 Feeling sad, hopeless, or withdrawn



What to Let Children Know About Bullies

- 🔍 Bullying is never okay.
- ❤️ It is not their fault.
- ☁️ It's healthy to talk to a grown-up about it.
- ❤️ Being bullied can make you feel hurt, sad, or scared, but we are here to help you.



Ways Parents Can Help

- 👂 Listen, validate their feelings, and reassure them they did the right thing by telling an adult.
- ☁️ Teach assertive responses like, "Stop," walking away, or finding safe places to go.
- 🛡️ Work with the school to ensure safety and prevent retaliation.
- 🍊 Build confidence and resilience through activities, friends, and open family conversations.
- 📖 Practice coping skills: breathing, affirmations, and grounding techniques to ease fear.



We're Here to Support Your Family

📞 Call: (573) 327-9841

🌐 <https://seasoncc.com/>

