



**64 PERCENT OF
CHILDREN
DON'T TELL
THEIR PARENTS
OR ANOTHER
ADULT THEY
ARE BEING
BULLIED.**

FIND MORE
INFORMATION AT
WWW.PACER.ORG

WHAT TO DO ABOUT
BULLYING

Presented by the
Idaho Anti-Trafficking Coalition

Research from Pacer Center

IF YOUR CHILD IS A TARGET:

1. LISTEN TO YOUR CHILD

2. BE PATIENT & SUPPORTIVE

3. PROVIDE INFORMATION

4. EXPLORE STRATEGIES TO INTERVENE

If the behavior hurts or harms them, either **emotionally or physically**, and they have a hard time defending themselves, it is bullying.

QUESTIONS TO ASK

- Did the child hurt you on purpose?
- Who did you sit by at lunch?
- You seem to be feeling sick a lot and want to stay home. Can you tell me about that?
- Are kids making fun of you?
- Has anyone ever touched you in a way that did not feel right?

1 in 4 children in America are bullied.

Children who are bullied are **more likely to develop depression and anxiety disorders**

WARNING SIGNS

- Negative View of School
- Physical Symptoms
- Low Self-Esteem
- Depression
- Suicidal Thoughts
- Anxiety
- Dropping Grades

REACTIONS TO AVOID

- Telling the child to stand up to the bully.
- Telling the child to ignore and avoid the bully.
- Taking matters into your own hands.