



A collaborative approach to personal and community health through education, prevention, and healthcare services

A Cycle of Hurt

Is your child experiencing frequent headaches or stomach aches, feeling sick, and/or faking illness? This may be a warning sign that your child is being bullied. Dr. Jamie Ostrov, a psychologist who studies child development at the University at Buffalo states that bullying is a repetitive behavior indicative of a power imbalance between the child doing the bullying and the child being bullied. This power imbalance



can stem from differences in physical strength, popularity, or other things. Bullying can be physical, like kicking, pushing or hitting. It may involve damage to property, like school books or electronics. It can be verbal, like teasing or name calling. And it can be social, such as spreading rumors or excluding someone from a group.

Bullying can happen in person or online. According to Dr. Michele Ybarra, a child mental health expert at the Center for Innovative Public Health Research, cyberbullying can happen through email, text messaging, social media, and even chat rooms in online video games. "We want to try to change bullying behavior as early as possible," Ostrov says. "The earlier we do that, the less likely it is for kids to get into these cycles that may have negative consequences later." [Go here](#) to see other warning signs of bullying and ways to step in when your child is being bullied.

Sincerely,

Del Norte Healthcare District Board of Directors
Elizabeth Austen, B.A.
Michael Young
Kevin Caldwell, M.D.
Tonya Pearcey, R.N.
David Mason

Sources:

<https://newsinhealth.nih.gov/2023/09/addressing-childhood-bullying>

<https://pubmed.ncbi.nlm.nih.gov/28299794/>



[Like the Del Norte Healthcare District on Facebook](#) to stay up to date with our announcements, newsletters, and board actions.

We love our community partners! In collaboration with the Del Norte Healthcare District, the [City of Crescent City](#) is now offering FREE Saturday Recreational swims for

everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.



Del Norte County Healthcare District | 550 E. Washington Blvd., Ste 400, Crescent City, CA 95531

[Unsubscribe gregoryduncan1200@gmail.com](mailto:unsubscribe_gregoryduncan1200@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by bydnhcd@delnortehealth.com powered by



Try email marketing for free today!