

What is Bullying?

Bullying is unwanted behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.



Common Types of Bullying

- **Physical** – hurting someone's body or possessions
- **Verbal** – saying or writing mean things
- **Social** – hurting someone's reputation or relationships
- **Cyber** – Takes place using electronic technology

Who We Are

The West Georgia Prevention & Advocacy Resource Center strives to end sexual violence in our community through prevention and awareness. We provide direct service to survivors of sexual assault, their families and their friends. We are committed to fostering awareness of sexual assault through community education. We work to create a climate of safety and healing for all victims of sexual assault. All services are free and confidential.

Contact Us

24-Hour Hotline: 770-834-RAPE (7273)
Business Line: 770-834-8905
Email: prevention@wgaparc.org
Web: www.wgaparc.org
Facebook:
www.facebook.com/pages/WGAPARC
Twitter: @WGAPARC

Stop Bulling! Parent Tips

Prevention & Advocacy Resource Center
P.O. Box 2825
Carrollton, GA 30112
770-834-8905 (Business line)
770-834-7273 (Crisis line)



What to Look For...

Signs a Child is Being Bullied

- Unexplainable injuries.
- Lost or destroyed clothing, books, electronics, or jewelry.
- Frequent headaches or stomach aches, feeling sick or faking illness.
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares.
- Declining grades, loss of interest in schoolwork, or not wanting to go to school.
- Sudden loss of friends or avoidance of social situations.
- Feelings of helplessness or decreased self esteem.

Signs a Child is Bullying Others

- Gets into physical or verbal fights,
- Has friends who bully others,
- Is increasingly aggressive,
- Gets sent to the principal's office or to detention frequently,
- Has unexplained extra money or new belongings,
- Blames others for their problems,
- Doesn't accept responsibility for their actions,
- Is competitive and worries about their reputation or popularity.



- **Bully** – someone who repeatedly uses physical strength, popularity or some other power to control or harm others
- **Bystander** – someone who is present when bullying takes place but does not take part in it
- **Ally** – someone who makes a decision to support another person because it is the right thing to do.
- **Friend** – someone who you like and trust, and who helps and supports you.

Encourage your kids to tell you immediately if they, or someone they know, is being bullied.

Understand School Rules

Some schools have technology policies that may affect the child's online behavior in and out of the classroom. Ask your school if they have developed a policy.

