

## **Help! I think my child could be developing characteristics of a bully!**

Characteristics of a child who is or who may become a bully

- Have problems following rules, become angry or frustrated easily, have a dominant personality
- Impulsivity (poor self-control)
- Harsh parenting by caregivers
- Attitudes accepting of violence

The school is educating students to try to prevent bullying. You can help the school through an encouraging and safe environment at home:

- Talk to your child and set the expectation that bullying is not acceptable and it must stop. Parents may have to specifically define what bullying is and what it looks and sounds like.
- Develop consequences for bullying.
- Monitor your child and know where he/she is and what he/she is doing. Your child may be witnessing acts of bullying and they are mimicking those acts.
- Encourage your child to be active in positive groups, clubs, sports, arts, or other engaging activities that encourage accountability as a requirement for participation.
- If you are worried about your child's behavior, share it with a school counselor, teacher, or principal.

Family problems can lead to acts of bullying:

- Very little parental supervision
- Parental behavior models the act of bullying (spousal, parental, or between siblings bullying)
- A lack of discipline in the home
- A lack of communication of love and warmth to the child



*\*Source: National Center For Missing & Exploited Children*