



**Bullying** is unwanted, aggressive 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. Both kids who are bullied and who bully others may have serious, lasting problems.

**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
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

**Resources:**

Preventing Bullying

Fast facts on bullying, including statistics and prevention techniques.

-Español (Spanish) : [Preventing Bullying |Violence Prevention|Injury Center|CDC](#)

Protecting Kids Online

Resources to help adults talk to kids about making safe and responsible decisions: [Protecting Kids Online | FTC Consumer Information](#)

Technology and Youth (PDF)

Tips to maximize the benefits of technology and decrease its risks. [Electronic Aggression Tip Sheet.pmd \(cdc.gov\)](#)

How to Talk to Your Kids About Mental Health

You want the best for your children or other dependents. You may be concerned or have questions about certain behaviors they exhibit and how to ensure they get help.

[For Parents and Caregivers | MentalHealth.gov](#)

Sourced from [StopBullying.gov](#)