

Online Resources

**Pacer's National Bullying
Prevention Center**

www.Pacer.org/bullying

Stopbullying.gov

www.stopbullying.gov

**MARC: Massachusetts Aggression
Reduction Center**

<http://marccenter.webs.com/>

**Bullying and Cyberbullying
Prevention and Advocacy
Collaborative (BACPAC)**

www.childrenshospital.org/bacpac

Bullying Awareness & Prevention Resources



**Optimal Weight for Life (OWL)
Program**

new balance FOUNDATION
Obesity Prevention Center
Boston Children's Hospital

Tips and Resources

What is bullying?

Bullying is an intentionally aggressive behavior where usually one child or group of children targets another. It can appear in many forms and can have a variety of consequences if not dealt with properly and as soon as possible.

4 Types of Bullying:

Verbal: teasing, name-calling, taunting

Social: spreading rumors, leaving someone out, embarrassing someone else

Physical: hitting, kicking, spitting, breaking other's belongings

Cyberbullying: Bullying through electronic technology, including text messages, emails, social media sites, and through pictures and videos

Possible Warning Signs of Bullying:

- Unexplainable injuries
- Lost personal items
- Frequent sick feeling in the morning or night before school
- Change in eating habits, nightmares, trouble sleeping
- Loss of interest in school, declining grades
- Decreased self-esteem
- Avoidance of social situations or loss of friends
- Unhappiness without known reason

What can you do to help?

- Identify the problem and encourage your child to be honest with you
- Do not suggest that your child did something to deserve teasing or bullying
- Provide support and understanding
- Role-play with your child and help him or her learn to respond and stand up to bullies on own, without using violence
- Nurture your child's self-esteem
- Encourage participation in other activities where your child thrives and enjoys him/herself
- Help your child regain confidence
- Contact teachers, guidance counselor, or administration at school by email, phone, and in person
- If you're having difficulty communicating with an administrator at the school, try speaking with someone else at the school

Have you tried contacting your child's school, but still need help?

The Bullying and Cyberbullying Prevention and Advocacy Collaborative (BACPAC), a hospital based anti-bullying collaborative at Children's may be able to help.

BACPAC, led by Boston Children's neurologist Dr. Peter Rafalli, will work with you to:

- Develop strategies for addressing bullying prevention, detection and intervention
- Provide evidence-based recommendations for you and your child's school
- Work with the school to implement a plan for addressing conflicts
- Find additional resources, if needed

To schedule an appointment, contact the Department of Neurology at 617-355-2067

For more information, visit <http://www.childrenshospital.org/bacpac>

Your child's school, primary care provider, or a town agency may also offer resources to help.