

## Bully-Free Zone

Bullying happens when someone **keeps hurting, frightening, threatening, or leaving someone out on purpose**. Bullying is deliberate, **repeated**, over time and a situation in **which one person has more power than the other**.

### ***Difference between bullying and conflict***

Conflict:

- Conflict is a disagreement that happens when people want different things.
- The people involved in a conflict have equal power to solve the problem.
- They are not purposely trying to hurt each other.

Bullying:

- Bullying is unfair, one-sided, and one person has more power than the other.
- It happens when someone continues picking on someone on purpose over time.
- The goal of bullying is to make the victim feel scared or bad about themselves.

*All children have conflicts – disagreements that end up in arguing or fighting, that's different from bullying.*

### ***Ways to Detect Bullying***

- Watch for symptoms:
  - You may notice that your child is withdrawn, experience a drop in grades, show a loss of appetite, or come home with unexplained injuries.
- Talk, but listen, too.
  - Communicate openly, but don't pry.
  - Encourage your child to share information about school and social activities.

### ***How to Support Your Child***

- Have conversations defining bullying accurately with your child at home.
- Pair your conversations with ways to show kindness and respect.
- Teach and model ways to encourage kindness.



***If you suspect your child is being bullied at school, please report it to the school.***

