

EVERYTHING YOU  
NEED  
TO KNOW TO ACT  
NOW

**SAVE A LIFE**

+1-800-273-TALK  
[www.stopbullying.gov](http://www.stopbullying.gov)  
[info@stopbullying.com](mailto:info@stopbullying.com)

**STOP  
BULLYING**

ACT NOW



*"Blowing out  
someone else's  
candle doesn't  
make yours shine  
any brighter."*



## HOW CAN I TELL?

While there are many forms of bullying; indirect and direct, physical and emotional, the uniform definition of bullying consists of unwanted aggressive behavior, observed or perceived power imbalance, and repetition of behaviors or high likelihood of repetition.

## HOW SERIOUS IS IT?

Studies show that 1 in 3 children say they've been bullied in school. 64% of children that experience bullying do not report it.

Students who experience bullying are at increased risk for poor school performance, sleep difficulties, anxiety, and depression.

## HOW CAN I HELP?

Recognize the warning signs in your child, whether they show signs of being bullied or being the bully.

Open lines of communication with your child and be there for them.

Talk to their school and make sure something is being done.

Educate them on the effects of bullying and how it can affect the people around them.

Let them know how important they are. Words of affirmation are important at any stage in their life.

Visit [www.stopbullying.gov](http://www.stopbullying.gov) for more tips and information.