

# Is MY Child Being Bullied?



## A Parent Guide to Battling the Bullying Epidemic

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[Understanding Your Teen](#)  
&  
[Helping Your Teen With High School](#)

## Could It Happen to MY Family?

No one wants to believe that THEIR child could fall victim to a bully. As hard as you might try to teach YOUR child right from wrong and how to properly respect and interact with others, the truth is that not all parents are teaching the same lessons at home. And this means that absolutely any child, in any town and at any age, can become a bullying victim.



Let's make note that bullying doesn't always happen at school. True, the majority of children in the US go to either public or private schools but even homeschooled children can encounter bullies among the other children they meet at activities or on sports teams. As parents, we need to fight this epidemic together to keep our children safe, no matter what form of education you choose for them.

## Warning Signs of Possible Bullying

There are certain warning signs that may indicate your child is being bullied. They may include, but are not limited to:

- Coming home with torn clothing, and/or constantly losing clothing, books, or other things that belong to them.
- Finding that they have cuts or bruises when they return home that they didn't have when they left for school.
- Having very few friends, and the ones they do have they don't spend much time with.
- Appearing to be afraid of going to school, being a part of organized activities at school, or riding the bus to and from school.
- Beginning to complain about having a headache, stomach ache, or other things that will keep them at home.
- Starting to wet the bed.
- Personality changes such as being moody, overly sensitive, angry, or depressed.

If your child begins to act in any of the above ways, don't jump to the conclusion that your child is being bullied. It could be that there is something else going on that is causing them stress, such as being in a new school, starting a new activity, trouble understanding the schoolwork, or even stress at home. The best thing you can do to figure out what's going on is to talk openly and honestly with your child.



Don't be afraid to ask them point blank if they're being bullied. Encourage open communication by reassuring the child that you want to keep them safe and prevent this stress. The more your child trusts in your love and commitment to keeping them safe, the more they will talk.

PLEASE...do NOT tell your upset child that "this will pass" or that "kids will be kids." Children experience much more stress and peer pressure in their world than you did as a child and their stress is REAL. Bullying can lead to devastating results for the victim and this is no longer considered a "rite of passage."

## Tackling the Bullying Problem Head On

If your young child or teenager admits to being bullied, tell your child to keep track of all bullying in a journal. Have them include the name of the people involved, when and where it happened, and what the bullying was, in as much detail as possible and if anyone else witnessed the incident.

It's time to take action as soon as you know that bullying has occurred. Don't wait for your child to fill up a page in the journal. Even one bullying incident is too many!

If the bullying has occurred at school or on the bus, contact your child's school administration and let them know of your concerns. Ask them if any teachers, administrators, or bus drivers have seen any times when your child has been

bullied. Ask if your child gets along with the other students in his class besides the ones bullying.

Ask to see the written school or district policy regarding bullying. Many school districts across the country have adopted a “zero tolerance” policy about bullying but ask for proof that a policy is in place AND that it’s being enforced. Take notes from each meeting you have with anyone in the school system. If you get little satisfaction from the school administration, lodge a complaint directly with the school board. After all, it’s their job to insure the safety of every single student in their district.



If the bullying occurs on a sports team or at another extracurricular setting, speak to the coaches or adult in charge of the group. Approach the subject in the same manner as speaking with school officials. Encourage the heads of these groups to adopt an anti-bullying policy and to strictly enforce it for the safety of all their participants.

Speak to the parents of the bully. In some cases, the parents may not know this is how their child is behaving and they will punish the child themselves. If the parents think this is just typical kid stuff or a rite of passage, walk away and lodge a complaint with the police.



The most important thing to remember is **do NOT keep quiet** about bullying incidents. Children and teens are often afraid that the bullying will get worse if they tell someone but this is another form of control that the bully forces on their victims. Victims who suffer through years of bullying in silence often reach a breaking point where they just want to escape the torture so they might resort to suicide or to hurting the bullies themselves, often hurting or killing innocent people in the process.

## There's Never Any Shame in Asking for Help

No one ever said raising children was easy and raising a teenager gets harder with each generation. The world is just so different from when we were kids and our children are learning and dealing with more adult pressures at an earlier age. However, their social skills or maturity levels may not be ready to handle these adult problems and they can quickly spiral out of control.

Aurelia Williams, a certified personal life coach and parenting expert, has written a wide array of special reports covering a wide range of teenage topics. If you need additional tips, help, or general support in raising a teenager in today's world, visit [Parenting My Teen](#).

### Resources:

[Understanding Your Teen](#) - If it seems like the older they get, the harder it is to understand what goes on in their mind, have no fear. In this report you'll find out that understanding your teen doesn't have to be as difficult as it sometimes seems!

[Helping Your Teen With High School](#) - This report shows you how you can allow your teen to have some independence while providing support and guidance to them as they make their way through high school.

[My Out of Control Teen](#) - Don't let the title fool you. Your teen doesn't need to be totally out of control for you to reap the benefits of this great program because it is great for any parent of strong-willed children.

[Coaching](#) – Aurelia is not just a parenting coach; she's also raised 3 teenagers, with another one nipping at her heels. If you find yourself at your wits end more than you care to admit, want to have the kind of relationship with your teenager that most parents only dream about, but don't know what else to do, let her show you how.

[Real Life Affiliates](#) – Did you find this report helpful? Know others who could benefit from it? Recommend this report to your friends or on your website and make money!