What Is **Bullying?**

How Serious Is The Problem?

Who Is Affected?

What Are The Warning Signs?

How Can I Protect My Kids?

What Do I Do If My Kids Are **Bullied?**

FACTS ON

What Every Parent Should Know







FACTS TO KNOW

It's behavior that's intentionally hurtful and repetitive, not a one-time act. It usually involves a child with greater physical or social power dominating a child with less. Bullying can take several forms:

- physical (e.g., hitting, shoving, tripping)
 verbal (e.g., name-calling, insults)
- · psychological (e.g., rumors, humiliation, social exclusion)

Directions: Pull the tab until the dot lines up with the desired topic at left, then read the answer in the window.

City of Troy Police **Chief Randall Barr** 334-566-0500

What Is Cyberbullying?

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How Serious Is The Problem?

What Are The Warning Signs?

How Can I **Protect My** Kids?

What Should I Tell My Kids To Do?

bullied?

What Do I Do If My Kids Are Cyber-

What Every Parent Should Know









FACTS TO KNOW

It's bullying someone by using computers, cell phones, and other electronic devices to send abusive or threatening messages, spread rumors, or post embarrassing images. Cyberbullies may start online "hate campaigns" against their victims or send messages supposedly from the victims.

TAKE IT SERIOUSLY

Bullying and cyberbullying have become lifethreatening issues. Victims may suffer from severe emotional distress and sometimes want to harm themselves or others. If you suspect your child feels depressed, angry, or isolated due to bullying, or has thoughts of suicide or violence, seek counseling for your child right away.