

MENTAL HEALTH MEMO

DECEMBER 2022 | BULLYING

Bullying is an **ongoing and deliberate** misuse of power in relationships through repeated verbal, physical and/or social behavior that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.



Types of bullying:

Verbal: saying or writing mean things, such as teasing, name-calling, or taunting

Social: hurting someone's reputation or relationships such as excluding, embarrassing others, or spreading rumors

Physical: hurting a person's body or possessions using physical force or aggression

SIGNS A CHILD IS BEING BULLIED

- Physical injuries
- Lost or destroyed clothes or personal items
- Feeling sick or faking illness
- Skipping lunch/meals
- Decline in grades and not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Decreased self-esteem
- Difficulty sleeping or experiencing nightmares
- Self-destructive behaviors such as running away, self-harm, or talk of suicide



CYBER BULLYING

Bullying that takes place over digital devices like cell phones, computers, and tablets. Can include sending, posting, or sharing negative, harmful, false, or mean content about someone else.

Most common via:

- Social Media
- Texting
- Online forums
- Gaming communities
- Email

WHAT CAN PARENTS DO?

- Talk to your child about bullying - keep it casual to allow them to share what they know or have experienced.
- If you suspect your child has been involved in bullying directly or as a bystander, communicate with your school or community to seek support.
- For more helpful tips and information visit - www.StopBullying.gov or www.safekids.com



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