

CACY COMMUNICATOR

BULLYING EDITION



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Whose at Risk of Being Bullied?

Generally children who are bullied have one or more of the following risk factors:

1. Perceived as being different from their peers, such as overweight or underweight, wear glasses, have unique clothing, being new to a school, not being able to afford what the kids consider cool. 2. Perceived as weak/unable to defend themselves. 3. Are depressed, anxious or have a low self esteem. 4.

Don't get along well with others, or seen as annoying or antagonize others for attention.

However, even if a child has all of these risk factors, it does not mean that they will be bullied.

Signs a Child is Being Bullied:

1. Unexplained injuries
2. Frequent headaches or stomach aches, feeling sick or faking an illness to avoid situations.
3. Change in eating habits;

kids may come home from school hungry because they didn't eat lunch.

4. Trouble sleeping/nightmares.
5. Lower grades, not wanting to go to school.
6. Sudden loss of friends, avoidance of social situations.
7. Self destructive behaviors such as running away, harming themselves, or talking about suicide.

Resources:
www.stopbullying.gov

COMMUNITY ACTION
FOR CAPABLE
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CACY's Core Purpose: To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.

Tips for Dealing with Bullies

- Be confident/stand up for yourself. Confident kids are less likely to be bullied.
- Get Adult Help.
- Stay in a group/safety in numbers.
- Avoid the bully, if you can stay out of the bully's sight.
- Don't get upset in front of the bully. That is what the bully wants, put on a brave face and walk away.

Jodi Floyd, CACY Prevention Educator is available to come and speak to your PTO's. Please call if you are interested in having a speaker about Bullying and the Too Good For Violence Curriculum.