

Parent Talk

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Bullying Prevention

Bullying is one of the leading causes of depression and anxiety among kids and teens. It's likely that all of us have experienced bullying at some point in our lives but may not remember what a significant impact it can have, especially as someone is growing and developing. Knowing when bullying is happening can be tricky to determine, so read on for some tips on how to identify it and lend a hand!

Know The Signs

While all cases of bullying are different, there are always some key things to keep an eye out for. Look for the following potential warning signs when you suspect someone is being bullied:

- A change in behavior such as suddenly becoming quiet and reserved
- Increased levels of fear or anxiety, particularly around going to school
- Decreased social interaction
- Changes to appetite or sleep schedules
- Unexplained injuries
- Broken or lost personal items with no clear explanation

This is not a comprehensive list! There are many other signs of bullying, but the general rule is to look for any significant changes in behavior.



Know What To Do

If you do have reason to suspect someone is being bullied, it's important to know what to do to stop it. Make sure to never directly retaliate against a suspected bully yourself. If you witness bullying directly, it's okay to help remove the victim from the situation, but you should follow up with a teacher, school counselor, or principal with what you observed. Attempting to get in a physical or verbal altercation with the bully can make things much worse. The emphasis should always be on deescalating the situation as best you can. Gather as much information as possible and write up a summary of the incident (or multiple incidents) to present to the team at school. The team may suggest getting the parents of the bully involved, in which case you may prepare separate talking points for that meeting.



Show Love & Support

When someone is being bullied, one of the best things you can do is just show them love. It can be an incredibly emotional experience both for a child and their caregiver, so always make time to show how much you care. Those impacted by bullying may take serious blows to their self-esteem, so it's important to engage in confidence building exercises. Try shifting focus back to the activities you know your child loves to do or the things they excel at. Encourage playdates with their friends or even special one-on-one days with you.



Need more help?

Resources at The Baker Center are just a click away

Therapy & Treatment Services

CENTER FOR EFFECTIVE THERAPY →

Special Education

MANVILLE SCHOOL →

Therapeutic Summer Camp

CAMP BAKER →

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NEXT STEP →

Featured Resources



Toileting: Enuresis & Encopresis

In this seminar, we discuss common toileting challenges for children and ways to effectively address enuresis and encopresis through skills and treatment.

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Protecting Childhood: Understanding Traumatic Stress and its Impact on Children's Mental Health

The safety of children and teens is of the utmost importance to parents, caregivers, and community members. Caregivers often take extraordinary measures to ensure the security of kids in their care and do the best they can to protect children and teens from experiencing stressful events. Regardless of caregivers' best intentions, and greatest efforts, it's impossible to guarantee that those they care for will always be out of harm's way. While it can be scary to live with this knowledge, it's important that caregivers best prepare for the possibility of their child experiencing a stressful event so that they can support them even in the worst-case scenario.

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Learning About Anxiety

In this seminar, we'll discuss what anxiety is, how it functions, and how children experience anxiety. We'll also review evidence-based treatments for anxiety in youth and provide some skills that parents can use to support their anxious child at home.

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