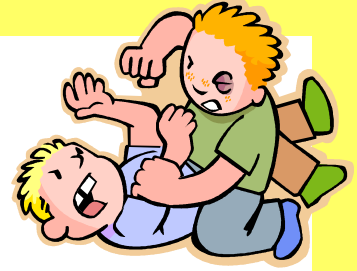


Bullying



Bullies and victims often end up experiencing many of the same things.

Both the bully and the victim may be suffering from low self-esteem. Both are looking for acceptance and may benefit from strengthening social skills.

Bullying includes forms of verbal abuse, harassment, and name-calling, as well as forms of physical abuse and cyber-bullying.

Bully behavior could lead toward violence.

Many students miss school due to fear.

The victim may feel isolated and alone.

Physical ailments may increase for those bullied, including headaches, stomachaches, nausea, and difficulty sleeping.

Emotional symptoms may include depression, anxiety, increased violence and aggression, and/or suicide if not properly addressed.

Both the bully and the victim need help learning how to channel their emotions and interact successfully with others. Consultation and intervention help improve a child's self-esteem, and develop more assertive communication and coping skills, including anger management.

Courtesy of:

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