

The Importance of Preventing Bullying

Many children are headed back to school this week for what we all hope is a safe and productive school year. However, while many students are excited to return to school, those who have been victims of bullying in the past might be afraid to head back to class this fall.

The fact is, many teachers and other adults don't always see bullying taking place and oftentimes a student may be reluctant to speak out. There are four main forms of bullying:

- **Verbal:** Teasing, name-calling, inappropriate sexual comments, threatening to cause harm;
- **Social:** Purposely leaving someone out, spreading rumors, embarrassing someone in public;
- **Physical:** Spitting, taking/breaking someone's things, hitting/kicking/punching, making rude hand gestures; and
- **Cyber:** mean text messages/e-mails, rumors posted on social networking sites, embarrassing pictures, videos and/or fake profiles.

How a child responds to bullying can make a lasting impact over time. Use the following [tips to learn how you can play a vital role in preventing bullying](#):

- Help kids understand bullying;
- Keep the lines of communication open;
- Encourage kids to do what they love; and
- Model how to treat others with kindness and respect.

For more information on signs and effective responses to bullying, visit: www.stopbullying.gov/prevention/talking-about-it.