



Peer to Peer Abuse: Bullying

What is Bullying? Bullying involves a pattern of **aggressive behavior**, in which one peer engages in the **unprovoked, intentional harm or invoking of fear** in the other. This behavior is **repeated over a period of time**. Bullying involves an **IMBALANCE OF POWER** within an interpersonal relationship. Bullying is **Not Normal Childhood Behavior**. Bullying has significant **negative consequences** for the target, the bully, and society.

Warning Signs Changes in mood or behavior
SLEEP DISTURBANCES Avoidance of school, parish, or other peer activities
Changes in academic performance Taking a long “illogical” route to and from school / church / other activities
Few reported friendships Requests to change schools / “drop out” of religious education or other activities
Unexplained injuries, or damaged property.

What I Can Do **Become informed** of the warning signs of abuse in peer relationships. **Work collaboratively** with your parish and school to structure safe environments. **Educate your children** about the characteristics of *right relationships*, **signs of risk**, and **WHAT TO DO** if they are being bullied. *Model appropriate behavior*. **Set clear expectations** for your child’s behavior toward others and **TALK ABOUT WHAT TO DO** when others are bullying or being bullied.

