



## City of Danbury – Police Department

### *Community Service Division*

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# Bullying

**Bullying** has become an increasing problem in schools. Recent studies show that bullying is a devastating form of abuse that can have long-term effects on youthful victims, robbing them of self-esteem, isolating them from their peers, causing them to drop out of school, and even prompting health problems and suicide. Below are tips for parents regarding bullying:

- ❖ Teach kids to solve problems without using violence and praise them when they do
- ❖ Ask your children about their day and listen to them talk about school, social events, their classmates, and any problems they have
- ❖ Take bullying seriously. Many kids are embarrassed to say they have been bullied. You may only have one chance to step in and help
- ❖ If you see any bullying, stop it right away, even if your child is the one doing the bullying
- ❖ Don't bully your children or bully others in front of them. Many times kids who are bullied at home react by bullying other kids. If your children see you hit, ridicule, or gossip about someone else, they are also more likely to do so themselves

#### **Additional Resources:**

[StopBullying.gov](http://StopBullying.gov)

[National Crime Prevention Council](http://NationalCrimePreventionCouncil.org)

