

# Red Flags of Bullying

**BULLYING.**  
**CALL IT**  
**WHEN YOU SEE IT.**

## Signs that someone is possibly being bullied



- *Change in eating or sleeping habits*
- *Lots of headaches, stomachaches or muscle tension*
- *Unexplained injuries or torn clothing*
- *Lack of attention and focus at school; dropping grades*
- *Anxiety (e.g. worry and nervousness) or depression (e.g. sadness and avoiding others or activities) Feeling bad about self*
- *Thoughts or statements of death or of hurting self*
- *Unusual behavior (e.g. unpredictable, dangerous, abusive to others)*

## Signs that someone is possibly bullying others



- *Aggressive behavior*
- *Always wanting own way*
- *Many concerns about what others think about them*
- *Feeling bad about self*
- *Not taking responsibility for actions*
- *Trouble with authority; refusal to follow directions*



## Those who are more likely to be at risk for bullying include



- *Those who seem weak or different from others*
- *Those who are very sad, very nervous or worried or do not feel good about themselves*
- *Those who do not get along well with others*
- *Those with special medical or developmental needs such as autism, obesity, ADHD or food allergies*
- *Those who are gay, lesbian, transgender or bi-sexual*

## What can help protect those at risk for bullying?



- *Having caring friends*
- *Having a caring family*
- *Being good at something, such an activity, skill or hobby*
- *Schools with effective anti-bullying programs*



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## How to discuss the topic of bullying



### Keep the lines of communication open:

- *Those who are bullied often do not want to talk about it*
- *Actively listen without lecturing; stay calm and do not get emotional*
- *Ask specific questions about facts (e.g. what happened? Where/when did it happen? Tell me why you don't like school or your classmates? Why do you think this is happening?)*
- *Keep the talk brief and positive; it may take several talks for information to come out*
- *Never force someone to speak; talking about bullying may be very scary*
- *For those having trouble with direct questions, try more open-ended questions (e.g. what was one good thing that happened today? Any bad things? What does bullying mean to you?)*
- *Emphasize that no one deserves to be bullied*
- *Provide praise for communicating*

*"Be the example of how to treat others with kindness and respect; we are all responsible for how we treat our friends, colleagues, and families. Learn to be mindful of your actions".*

## Where to get help



**At the hospital:** Tell your nurse, doctor, or social worker.

**At your school:** Tell your teacher, counselor, administrator, superintendent or school board.

### You can also contact:

The Missouri Department of Education 573-751-4212

The Kansas Department of Education 785-296-3202

The Missouri School Violence Hotline 1-866-748-7047 <https://schoolviolencehotline.com/> The Kansas School Violence Hotline 1-877-626-8203

National Suicide Prevention Hotline: 1-800-273-TALK (8255) <http://www.suicidepreventionlifeline.org/>  
<http://www.stopbullying.gov/>

**United States Department of Education Office for Civil Rights:** You can fax, email or mail in a complaint about discrimination because of race, color, national origin, sex, disability and age in programs or activities that receive federal financial assistance from the Department of Education. <http://www2.ed.gov/about/offices/list/ocr/complaintintro.html>



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