

Children who are Bullied



- Bullying is an action that is done on purpose;
- One person has more power or strength over another;
- It is usually done more than once; and
- The action is not wanted by the child being bullied.

A child who is being bullied has a hard time defending him or herself.



Warning Signs



Sometimes children who are bullied are not able to speak out about the bullying due to fear or embarrassment. Possible warning signs that a child may be being bullied are:

- Torn, damaged, or missing pieces of clothing, books, or other belongings
- Unexplained cuts, bruises, and scratches
- Few or no friends
- Fear of school; walking to school, riding the bus, or taking part in teams or clubs
- Unusual route to school
- Less interest in school or begin to receive poor grades
- Looks sad or upset before or after school
- Complains of headaches or other health problems
- Sudden sleeping problems or nightmares
- New eating habits

Who is Bullied?



Any child can be bullied. It is important not to blame or look for faults in children who are bullied because nobody deserves to be abused.

Research has identified children who may be targets of bullying. Knowing who may be targeted can help protect these children from abuse. The child may:

- Spend a lot of time alone
- Be shy, sensitive or insecure
- Boys who are physically weaker than their peers
- Not be the same as the rest of the children (e.g. very smart, very pretty, eat unfamiliar foods, etc.)

Where are Children Bullied?



Bullying can take place anywhere. 85% of bullying takes place in front of others. The more common locations for bullying behaviour to occur are:

- **At school:** the playground, the school bus or the walk home from school, the washrooms or unsupervised hallways
- **At home:** by family members, on a computer or cell phone
- **In the community:** sports teams, recreation centres, day cares, play groups