



# Counselor Newsletter



*"...Pray for those who mistreat you."*

*Luke 6:27-28*

October was National Bullying Prevention Month. Sadly, bullying is a relatively common experience among school-aged children in the U.S. and can have long-term negative effects on the victims' self-esteem, academic performance, mental and physical health. Therefore, it is important to recognize the signs of bullying. Please read the information below to better understand bullying and to find some book recommendations about bullying.

## Definition of bullying

Bullying is repeated aggressive behavior exhibited by a person who is in a position of power and intends to hurt others. The bully might have more power due to differences in popularity, weight, height, strength, age etc.

## Types of Bullying

**Physical:** hitting, pushing, tripping, kicking, taking or destroying what belongs to someone else

**Verbal:** name calling, insults, threats

**Social:** spreading rumors about someone, excluding someone, or embarrassing someone in front of others

**Cyber:** sending mean messages electronically, posting hurtful things about a person online, spreading rumors online

## Signs that a child might be bullied

- Changes in sleeping and/or eating habits
- Suspicious injuries
- Damaged or lost personal belongings
- Feeling sick and not wanting to go to school
- Skipping school
- Loss of interest in activities they previously enjoyed
- Declining academic performance
- Use of negative statements about themselves that indicate low self-esteem
- Losing friends they had before

## Books about bullying to read with your children

*Weird* by Erin Frankel

*Dare* by Erin Frankel

*The Bully Blockers Club* by Teresa Bateman

*One* by Kathryn Otoshi

*Bully B.E.A.N.S.* by Julia Cook

*My Secret Bully* by Trudy Ludwig

*The Juice Box Bully* by Bob Sornson and Maria Dismody

*The Recess Queen* by Alexis O'Neill

*Stand Tall, Molly Lou Melon* by Patty Lovell

