Standing Up to Bullying

In the largest study of its kind, researchers looked at survey results from more than 134,000 students ages 12 to 15 worldwide. Compared with classmates who hadn’t been bullied, students who experienced even one day of bullying a month tripled their risk for attempted suicide. And the more often a child had been bullied, the higher the risk. Help stop bullying by:

✔ **Talking with your child.** Ask about school, learn about friends, and talk openly about bullying. Encourage your child to talk with you or a trusted adult if they’re being bullied.

✔ **Offering solutions.** Help your child find ways to respond to bullies, like preparing a verbal response, using humor to diffuse a situation, walking away to a safe place, and ignoring or blocking bullies online.

✔ **Seeking help.** Contact the police if bullying becomes violent. Consider counseling to help your child cope. If you suspect your child may be contemplating suicide, call the National Suicide Prevention Lifeline for additional support and resources at 800-273-8255.

✔ **Preventing online bullying.** Establish rules about appropriate digital behavior, follow or friend your teen on social media sites, and know your child’s usernames and passwords for email and social media.

Sources: The American Academy of Family Physicians, the Substance Abuse and Mental Health Services Administration and the U.S. Department of Health and Human Services