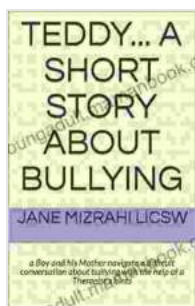


Boy and His Mother Navigate Difficult Conversation About Bullying With the Help of a Therapist

Bullying is a serious problem that can have devastating effects on children and adolescents. It can lead to depression, anxiety, and even suicide. In 2017, the National Center for Educational Statistics reported that 20% of students ages 12-18 experienced bullying in the past year.

Talking to your child about bullying can be difficult, but it's important to have the conversation. By opening up the dialogue, you can help your child understand what bullying is, how to identify it, and what to do if they are being bullied.

Bullying is unwanted, aggressive behavior that is intended to harm or intimidate someone. It can take many forms, including physical, verbal, social, and cyberbullying.



Teddy... a Short Story about Bullying: a Boy and his Mother navigate a difficult conversation about bullying with the help of a Therapist's hints in the background.

by Jane Mizrahi LICSW

★★★★★ 5 out of 5

Language : English
File size : 911 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 28 pages
Lending : Enabled



Physical bullying involves physical harm, such as hitting, kicking, or shoving. Verbal bullying is name-calling, teasing, or making hurtful comments. Social bullying is excluding someone from social groups or activities. Cyberbullying is using technology to harass or intimidate someone.

Not all conflict is bullying. Bullying is a pattern of behavior that is intended to harm or intimidate someone. Here are some signs of bullying:

- It is repeated and intentional.
- It is one-sided.
- It involves a power imbalance.
- It causes the victim harm.

If you think your child is being bullied, it's important to talk to them about it. Let them know that you're there for them and that you're going to help them stop the bullying.

Here are some steps you can take:

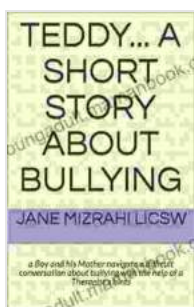
- **Talk to your child.** Ask them what's going on and how they're feeling. Let them know that you're concerned and that you want to help.
- **Believe your child.** If your child tells you they're being bullied, believe them. Don't dismiss their concerns or tell them to toughen up.

- **Contact the school.** Talk to your child's teacher or principal about the bullying. They can help you develop a plan to stop the bullying.
- **Get outside help.** If the school is not able to help, you can contact a therapist or counselor who specializes in bullying.

A therapist can help your child understand what bullying is, how to identify it, and what to do if they are being bullied. They can also help your child develop coping mechanisms and strategies for dealing with bullies.

Therapy can be a safe and supportive environment for your child to talk about their experiences and to learn how to deal with bullying. A therapist can also help you as a parent to understand bullying and to support your child.

Bullying is a serious problem that can have devastating effects on children and adolescents. It's important to talk to your child about bullying and to let them know that you're there for them if they need help. If your child is being bullied, don't hesitate to contact the school or a therapist for help.



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