

# "Bullying" - Child Expert Michele Borba

from K-LOVE Christian Radio

There seems to be an alarming amount of stories in the news lately about "bullying". If you're a parent of a child in school, you know it's a big concern. So how do you help your child and what are the signs to look for that your child might be the victim of a bully? Child and parenting expert Dr. Michele Borba gives these tips for some helpful and timely advice.

One quick way to help your kids deal with a bully is to remember the word "**CALM**"

**C - *be calm***

**A - *be assertive***

**L - *look the bully in the eye***

**M - *make some noise***

**Parents here are some signs to look for ...**

- Repeated change in your child's behavior and regular routines
- Clingy ... they don't want to go outside or don't want to go to school
- Afraid of incoming texts or emails (cyber-bullying)
- Changes in their sleep, lack of focus, changes in their grades
- When they come home, they run to the bathroom - 43% of bullying happens in unsupervised school bathrooms
- Expensive items leaving your home - your child could be the victim of extortion
- They run to the fridge when they get home - especially girls - they are being excluded in the lunchroom and don't feel safe

**Steve Coleman, M2Y@FBC Richmond, KY April 28, 2010**