

When Bullying Happens at School

Resources for Parents and Guardians



Children'sSM
Healthcare of Atlanta

According to the National Center for Educational Statistics, one in three children are bullied during a school year. Defined as unwanted, usually repeated aggressive behavior that involves a power imbalance, bullying can be physical, verbal or social. Young children, in particular, are known to switch roles—getting teased one day, teasing the next.

What to do if your child is being bullied

Keep a record

Create a written record of any bullying occurrences and actions (e.g., emails, meetings, etc.) taken with the school. Write everything down on paper or save it all digitally.

What to capture:

- When did the incident(s) happen? Include the date and approximate time.
- Who did it? Include the names of the child/children taking part in the bullying.
- Where did it happen? Include the locations, e.g., hallway, lunchroom, gym, etc.
- What adults were nearby? Include teachers, parents, etc., who may have witnessed the incident(s).
- What are the details of the bullying event?
- Any other information that might be important to record.



Getting the school involved:

- Request a meeting—in writing—with your child's teacher(s), counselor(s) and administrator(s) to make them aware of the bullying and collaborate to develop a written plan.
- Work with your child's teacher(s), counselor(s) and administrator(s) to develop a buddy system so that the child being bullied has safe buddies who know to stay near them. Encourage your child to stay away from areas where adults are not present and where the bullies hang out.
- Report each bullying incident(s)—in writing—to your child's teacher(s), counselor(s) and administrator(s).

Recommended books to help with bullying

Books for school-aged kids



One
Kathryn Otoshi
(Ages 4+)



Blubber
Judy Blume
(Ages 8 to 12)



Out of My Mind
Sharon M. Draper
(Ages 10+)



Each Kindness
Jacqueline Woodson
(Ages 7+)



The Only Game
Mike Lupica
(Ages 8 to 12)



How to Be Cool in the Third Grade
Betsy Duffey
(Ages 7 to 10)



Freak the Mighty
Rodman Philbrick
(Ages 9 to 12)

Books about early friendships



My Friend Maggie
Hannah E. Harrison



Dory Fantasmagory
Abby Hanlon



Extraordinary Jane
Hannah E. Harrison

Books for young readers



Coat of Many Colors
Dolly Parton



Bird Boy
Matthew Burgess



Stand Tall
Molly Lou Melon



Lunch Box Bully
Hans Wilhelm



Horton Hears a Who
Dr. Seuss



Three Big Bullies!
Christy Webster



Swimmy
Leo Lionni



The Bug Girl
Margaret McNamara
and Sophia Spencer



How to Be a Lion
Ed Vere



Score One More
Marilyn Janovitz



Llama Llama and the Bully Goat
Anna Dewdney



My Secret Bully
Trudy Ludwig

Additional resources

Information to aid efforts to prevent and respond to bullying behavior from the Georgia Department of Education



“Bullying: It’s Not OK” from the American Academy of Pediatrics



Imaginary Friend Society from the Pediatric Brain Tumor Foundation



Safe Schools Hotline poster for schools



Georgia Department of Education policy on bullying



Counseling and support resources

Georgia Crisis and Access Line

Provides assistance in scheduling outpatient therapy and psychiatric services in Georgia
1-888-715-4225 | dbhdd.georgia.gov/access-services

CETPA

6020 Dawson Boulevard, Suite I, Norcross, GA 30093
770-662-0249

Families First, Inc.

5151 Brook Hollow Parkway, Norcross, GA 30071
Appointment Line: 404-853-2844

Ray of Hope Counseling Services

1838 Old Norcross Road, Suite 400, Lawrenceville, GA 30044
678-213-2194

CURE Family Therapy Services

Free intake appointment \$25/session thereafter, up to 10 sessions total
770-986-0035 | curechildhoodcancer.org/family-support/counseling-fund

This is general information and not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child. Children’s is not affiliated with any of these organizations and does not endorse or guarantee the availability of their services.