

Is your child being bullied?

Know what to look for and take action to limit damage to your child's physical and emotional well-being.



RECOGNIZE THE SIGNS →

1 Changes in behavior

- Withdrawing from friends, family, or activities they used to enjoy
- Increased anxiety or signs of depression
- Moodiness or unexplained outbursts

2 Physical signs

- Unexplained injuries like bruises, cuts, or scratches
- Frequent complaints of headaches, stomachaches, or feeling sick

3 Changes at school

- Drop in school performance
- Reluctance to go to school or frequent absenteeism
- Loss of interest in schoolwork or extracurricular activities

4 Other signs

- Sudden changes in appetite
- Difficulty sleeping or frequent nightmares

AND TAKE ACTION

1 Talk to your child

Create a safe space to share their experiences. Let them know they're not alone, and assure them that you will work together to find a solution.

2 Engage with school authorities

Ensure they are aware of the situation and discuss steps they will take to address the issue. Stay in regular contact to monitor improvements.

3 Get support from Brightline

Our coaches and therapists have years of experience helping kids recover from painful experiences, role play real-world scenarios, and express feelings in a healthy way. You can also find parent resources to help you better connect with your child on bullying and related issues like social anxiety.

Let a Brightline specialist help you decide on the right next step.

Parents have questions. Brightline has answers.

Scan to access your benefit or visit hellobrightline.com/signup

