

The Freeport Police Department

*Bullying
Awareness Tips*



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What is Bullying?

Bullying is when a person or a group of people try to take advantage of another person who is more vulnerable or weaker. Bullying can include, name calling, physical contact, spreading of bad rumors, ostracizing and teasing.

Another form of bullying which is termed “cyber-bullying” is when a person sends a mean text, email and instant message to another. This is the posting of cruel blogs and spreading of rumors, creating harm to another without a face being shown.

Bullying affects both the target and the bully. Targets of bullying are more likely to grow up depressed, holding onto bad experiences of being bullied. Bullies are more likely to grow up thinking that their behavior is acceptable. Acts done by Bullies are often criminal in nature. Bullying is a form of harassment, which is taken very seriously by the Freeport Police Department.

Bullying Prevention Tips for Parents

- *Help kids to understand bullying. Talk about what bullying is and how kids can stand up to it safely.*
- *Tell kids that bullying is unacceptable.*
- *Keep the lines of communication open. Listen to your kids. Get to know their friends, daily school and play activities.*
- *Encourage kids to be involved in sports activities and hobbies.*
- *Talk to kids about standing up to bullies by appearing confident saying “stop” directly or by walking away.*
- *Be a model to show kids how to treat others with kindness and respect.*
- *Monitor kids activities on the internet. Teach them not to share their personal information, passwords, pin numbers and photos.*
- *Know that there is a lot of information and resources online regarding bullying prevention how to react if your child becomes a victim.*

Always report suspicious persons/activities to 911.

This brochure offers some general tips and suggestions regarding bullying prevention for parents. For further information or a list of additional resources please contact:

The Freeport Police Department

516-377-2443

In case of emergency, dial 911