

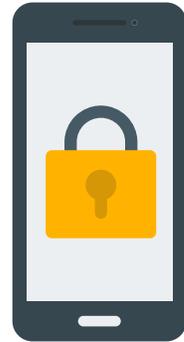
# Understand to Upstand

## KNOW THE RED FLAGS OF BULLYING

**Understanding** the impact of bullying is the first step on the journey to helping others. **Upstanders** actively take steps to safely provide support to those who need it!

### SECRETIVE

If your child or loved one is being bullied online, behaviors might include switching screens or closing programs on their computer or phone when you are nearby. Youth may also be secretive by avoiding discussions about their online activity or in-person peer groups.



### NERVOUS OR BECOMING WITHDRAWN

Behaviors might include being nervous, stressed, or “jumpy” when a message appears, or when looking at their computer or phone. Nervousness might also happen when you mention a certain individual or when you ask about school or peers. Youth may withdraw from friends, family and activities as a result of being bullied.



### LOW SELF-ESTEEM

Expressing negative opinions or feelings about themselves, including feelings of worthlessness or hopelessness.

JOE TORRE  
**SAFE AT HOME.**

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## KNOWING RED FLAGS OF BULLYING

There are many red flags that indicate that someone is being bullied or cyberbullied. Knowing the signs can help you intervene and support them. **Bullying** is an act of repeated, aggressive behaviors intended gain power and control over another person.

Bullying can happen to anyone, and can take many different forms. When bullying occurs through technology it is called **cyberbullying**. Bullying often causes feelings of shame or embarrassment, and can increase a person's risk of depression, anxiety, and substance use. Bullying can impact a person's self-esteem, their sense of safety, and their health.

Finding a safe way to intervene, or offering your love and support, can go a long way towards helping a person who is being bullied feel safer.

Visit [joetorre.org/resources](https://joetorre.org/resources) to learn more about how to identify bullying or cyberbullying, and how to talk to your child.