

# Know the warning signs for both bullies and targets.

## *Bullies:*

- Need to feel powerful.
- Have little empathy for their targets.
- Often come from homes where physical punishment is used.
- Usually break school rules.
- Are defiant toward adults.
- Are confident and appear to have strong self-esteem.
- Defend their actions by saying their targets provoked them.
- Tend to get in trouble often.
- Are easily angered and impulsive.
- Usually do poorly in school.
- Tend to come from homes with little or no parent involvement.

## *Targets of bullies:*

- May be anxious and insecure.
- May suffer from low self-esteem.
- Rarely defend themselves.
- Almost never fight back.
- Often lack social skills.
- Become socially isolated.
- Sometimes have parents who are overprotective.
- Fear going to school.
- Often stay home from school “sick.”
- Experience real suffering.
- Sometimes attempt suicide.
- Sometimes hurt others as in the school violence at Columbine.
- Often have problems with social and emotional development.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.*



**Call the Parent Help Line. Help is just a phone call away.**  
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week  
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