

Bullying: A Growing Concern for Children

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Bullying is a significant issue for children and adolescents, often leading to long-lasting mental health consequences. Victims may experience emotional, psychological, and behavioral challenges that can affect their well-being that can persist long into adulthood. Understanding the signs of bullying and its effects on mental health is crucial for parents and caregivers to provide timely support.

Signs and Symptoms of Bullying – Children who are bullied may show noticeable changes in behavior mood and physical health. Key signs include:

- Physical Symptoms: Unexplained injuries, frequent headaches, stomach aches, or disrupted sleep patterns.
- Emotional Changes: Increased anxiety, sadness, or irritability which may manifest as mood swings or tearfulness.
- Social Withdrawal: A child may isolate themselves from family and friends.
- School Issues: Declining grades, lack of interest in schoolwork, or frequent absences.
- Low Self-Esteem: A child may express feelings of worthlessness or engage in self-harm.



Mental Health Implications – Bullying can lead to serious mental health issues, including:

- Depression: Persistent sadness, hopelessness, and a lack of motivation.
- Anxiety: Worry about social situations, panic attacks, or fear of being targeted.
- Post Traumatic Stress Disease (PTSD): Flashbacks, nightmares, and hypervigilance related to trauma from bullying.
- Eating Disorders: Body image issues can develop, leading to anorexia, bulimia, or binge-eating.
- Self-Harm or Suicide: In severe cases, children may resort to self-harm or even contemplate suicide.



What Parents Should Look Out For – Parents should watch for signs like emotional outbursts, changes in eating or sleeping habits, or frequent complaints of illness. If a child is withdrawing socially or expressing feelings of worthlessness, bullying may be the cause.

What Parents Can Do – Encourage open communication and provide emotional support. If bullying is suspected, report it to the school and seek professional help. Counseling and therapy can help children cope with trauma and build resilience. Early intervention is key to preventing long-term mental health issues.

TEEN COURT NEWSLETTER

October 2025

UPCOMING CLASSES

Mother Daughter Series - La Plata

Learn and experience the benefits of mediation, movement, and showing empathy to each other. This session's theme is Be Kind!

Next Class: Tuesday, October 07, 2025

Location: CCSO Headquarters Building

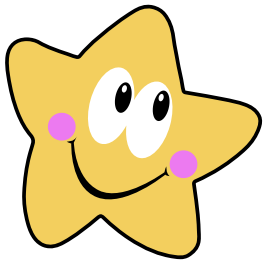
Mother Daughter Series - La Plata

Learn and experience the benefits of mediation, movement, and following your instincts. This session's theme is Be Purposeful!

Next Class: Tuesday, November 04, 2025

Location: CCSO Headquarters Building

DID YOU KNOW?



Charles County Teen Court was established in 2001 and has heard over 3,100 cases! Incoming 6th graders through 12th grade can volunteer as jury members and help other youth in the county.

Teen Court partners with local experts to host information sessions for parents, foster parents, guardians, and educators on a variety of topics. Many of these presentations can also be brought to other venues, like HOA meetings, schools, and more!

Charles County Teen Court runs all year round! Teen Court is an excellent way for students to earn Community Service Hours for their Senior Portfolios or groups like National Honors Society, even during the summer months.

For more information on
Upcoming Classes & Events,
check out our website:



Teen Court Website



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