Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is best handled when parents and teachers are involved. Approach your school through the -bullying procedures and programs,

and be willing to work within these guidelines.

Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.