



## What Happens Inside?

The effects of bullying on a child can include some, or all, of what is written on the wall of Page 6 and 7, however it is important to understand what happens under the surface.

The bullying relationship (see download [whatisbullying](#)) really effects the how the bullied feels about themselves. They feel more and more worthless and this diminishing of how they feel about themselves can make it more and more difficult to open up and talk about what is happening. It is not unusual for the bullied child to feel it is their fault in some way.

Increasing anxiety make it less and less likely for the bullied to feel they can cope with the bully and a vicious cycle ensues.

When first talking to a child, or adult, who has been bullied, it is important to remember that their self esteem will be at low ebb. They will need a lot of support in order to tell their story.



For more information on Bullying visit us at

[www.ResolvingBooks.com](http://www.ResolvingBooks.com)