Tough Talkin'!: Discussing Bullies and Other Problems

It's not easy being a kid. That's what a recent national survey of kids and parents revealed. Bullying and violence at school are just some of the problems facing many kids today. How can kids cope with such tough issues?

Let's Talk About It!

"Tough issues are facing kids at younger ages," said Tina Hoff of the Kaiser Family Foundation. The group is a children's health organization. The foundation, Children Now (a children's research group), and Nickelodeon asked children ages 8 to 15 and parents to point out the tough issues kids deal with every day.

The survey, called Talking With Kids About Tough Issues, found that

- about seven out of ten kids say bullying and teasing are problems at their school.
- about four out of ten kids say kids at their school face threats of violence.
- about seven out of ten kids in the survey say they are too embarrassed about their problems to talk to parents.

Other issues children say are problems at school include smoking cigarettes, drinking alcohol, and using drugs.

Talking Helps

The survey found that when parents talk early about tough issues, kids learn to trust them more. Those kids who learn to talk to parents learn how to deal with problems that bother them.

Think About It

What are some problems that kids at your school face?

1 cope: to struggle or try to manage, with some success