Kari Carr

Effortless Empathy

The Bullying Response Quick Check

Is your child being hurt, hurting others or quietly struggling in the middle?

A quick guide to help you spot the signs & know what to do next

Small Conversations Can Make a Big Difference

Kari Carr

Effortless Empathy

Pg 1. Take the Quick Check

Check the boxes that feel true. Each statement is linked to a pattern you may be seeing. You'll count your results on the next page.

In the last 30 days, has your child...

A. Target Signals
(May be being hurt)

- ☐ Suddenly not wanted to go to school
- ☐ Complained of headaches or stomachaches before school
- ☐ Become quieter or withdrawn after being with peers
- ☐ Said things like "Nobody likes me"
- ☐ Lost confidence in social situations

B. Reactor Signals
(May be getting hurt then hurting others)

- ☐ Become more reactive, defensive, or quick to anger
- ☐ Had conflicts that escalate quickly
- ☐ Seems fine one moment, then upset the next
- ☐ Blames others frequently
- ☐ Shows frustration in physical or verbal ways

C. Power Seeker Signals
(May be using control or exclusion)

- ☐ Started excluding others or speaking harshly
- ☐ Tries to control social situations
- ☐ Seems to need to be "in charge"
- ☐ Uses put-downs or mean humor
- ☐ Shows behavior that puts them "above" others

D. Silent Witness Signals
(May be seeing it but not speaking up)

- ☐ Mentions someone else being picked on
- ☐ Seems uncomfortable but doesn't act
- ☐ Avoids talking about peer situations
- ☐ Appears worried about "making things worse"
- ☐ Has strong reactions to stories about bullying

Now, count the results on the next page →

Kari Carr

Effortless Empathy

Pg 2. What Do Your Results Mean?

This isn't a diagnosis or a test for bullying. It's a starting point for noticing patterns and opening a conversation. Count how many boxes you checked for each letter.

A	B	C	D
☐	☐	☐	☐
Total As	Total Bs	Total Cs	Total Ds

Which pattern showed up most often?

Mostly As - Target Pattern

Your child may be feeling hurt, overwhelmed, or unsure how to respond. They may need support feeling safe and confident again.

→ Turn to page 3 for what to do tonight.

Mostly Bs - Reactor Pattern

Your child may be getting hurt - and then reacting in ways that hurt others. They may need help managing big feelings and learning new ways to respond.

→ Turn to page 3 for what to do tonight.

Mostly Cs - Power Seeker Pattern

Your child may be using control, exclusion, or behavior to gain social footing. They may need help building empathy and healthier ways to connect.

→ Turn to page 3 for what to do tonight.

Mostly Ds - Silent Witness Pattern

Your child may be seeing what's happening and carrying it internally. They may need support feeling safe to speak up and knowing how to help.

→ Turn to page 3 for what to do tonight.

Important: It's completely normal for children to show more than one pattern. You're not labeling your child - you're identifying what they may need right now.

Kari Carr

Effortless Empathy

Pg3. What to Do Tonight

Start here. One conversation can make a difference.

If your child is showing
The Target Pattern

Say:
"I'm really glad you told me. You don't have to handle this alone."

Avoid:
"Just ignore them."

Do tonight:
Sit with them for 10 minutes and let them talk. Don't fix - just listen.

If your child is showing
The Reactor Pattern

Say:
"Something felt hard there. Let's figure out what happened together."

Avoid:
"Why would you do that?"

Do tonight:
Help them name what they felt before they reacted.

If your child is showing
The Power Seeker Pattern

Say:
"I want to understand what was going on for you in that moment."

Avoid:
"That's not who you are."
(too early, can shut them down)

Do tonight:
Ask: "What did you want to happen in that moment?"

If your child is showing
The Silent Witness Pattern

Say:
"You might see things that don't feel right. You can always talk to me about that."

Avoid:
"You should have said something."

Do tonight:
Ask: "Have you seen something like this happen?"

The Next Step

Ready for a clear, step-by-step plan?

If something is happening right now, you don't need more guesswork.
You need practical tools, real-life scripts, and a clear plan.

Check out

What to Do When Bullying Happens

→ **HERE**