

IS IT BULLYING?

A QUICK CHECKLIST FOR PARENTS

Provided by **Echo Movement**



Sibling bullying is often dismissed as normal rivalry — but for many children, it’s a repeated pattern of harm that can impact their mental and emotional well-being.

This quick checklist is designed to help parents and caregivers recognize the signs of sibling bullying early. If you identify multiple warning signs, it may be time to intervene and seek support. Every child deserves to feel safe at home.

Behavior Patterns

Sibling bullying involves repeated harmful behaviors beyond typical rivalry. Look for patterns of control, physical aggression, verbal abuse, or emotional manipulation.

- ☐ One child consistently dominates or controls the other
- ☐ Physical aggression is frequent (e.g., hitting, pinching, pushing)
- ☐ Verbal insults, threats, or name-calling are repetitive
- ☐ Emotional manipulation occurs (e.g., exclusion, lies, rumor-spreading)

Power Imbalance

Bullying often includes a power difference. One sibling may be older, stronger, or more dominant, while the other feels unable to defend themselves or escape the situation.

- ☐ One sibling is significantly older, stronger, or more confident
- ☐ The targeted child rarely retaliates or seems fearful

Frequency & Impact

Occasional fights are normal, but bullying is repeated and has a lasting emotional toll. Consider how often the behavior occurs and how it’s affecting your child’s well-being.

- ☐ These behaviors happen more than once a week
- ☐ The targeted child seems anxious, withdrawn, or upset after interactions
- ☐ There is a clear pattern of harm rather than occasional arguments

Environment & Responses

Sibling bullying tends to thrive in high-conflict homes or when supervision is lacking. If harmful behaviors continue despite efforts to intervene, deeper issues may be at play.

- ☐ The conflict continues despite parental intervention
- ☐ The aggressive sibling shows no remorse
- ☐ The household has other signs of conflict (e.g., parental fighting, lack of supervision)



If you check 3 or more boxes, your child may be experiencing sibling bullying. Early recognition and support can make a significant difference. Consider reaching out to a licensed counselor or family therapist.

For more resources, visit EchoMovement.org