

# PFLAG BUFFALO/NIAGARA

## PFLAG BUFFALO/NIAGARA

**Parents, Families, Friends, And Allies United with LGBTQ+ People**



**March Sharing Meeting: Sunday, March 20<sup>th</sup> at 1:00-2:30**

**Currently, Sharing Meetings are held virtually on the third Sunday of most months. Our meeting code is 555 112 0003. The passcode is 700.**

**Please contact us if you need help using Zoom. You do not need an account to join.**

**PLFAG Buffalo/Niagara**

**P.O. Box 617**

**Buffalo, New York 14207**

**Helpline-883-0384**

**[info@pflagbuffalo.org](mailto:info@pflagbuffalo.org)**

**[www.pflagbuffalo.org](http://www.pflagbuffalo.org)**

**[www.facebook.com/pflag.niagara](https://www.facebook.com/pflag.niagara)**

**We meet because we have learned someone very close to us has come out as LGBTQ+. We try to help one another deal with this information in a positive manner. Although we do not always agree, we try to be understanding. We offer help to those who seek it, but do not force ourselves on others. We strive to maintain anonymity while sharing on a level that is comfortable for us.**

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## **BACK TO SCHOOL INFORMATION FOR PARENTS, FAMILY, AND FRIENDS**



### **BE AWARE OF THE SIGNS OF BULLYING**

Warning Signs for Bullying

[www.stopbullying.gov](http://www.stopbullying.gov)

There are many warning signs that may indicate that someone is affected by bullying—either being bullied or bullying others. Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.

It is important to [talk with children](#) who show signs of being bullied or [bullying others](#). These warning signs can also point to other issues or problems, such as depression or substance abuse. Talking to the child can help identify the root of the problem.

### **Signs a Child Is Being Bullied**

Look for changes in the child. However, be aware that not all children who are

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bullied exhibit warning signs.

## **Signs That Bullying May Be a Problem:**

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness.
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

If you know someone in serious distress or danger, don't ignore the problem. Get help right away.

## **Signs a Child is Bullying Others**

Kids may be bullying others if they:

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worry about their reputation or popularity

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## Why Don't Kids Ask For Help?

Statistics from the [2018 Indicators of School Crime and Safety - PDF](#) show that only 20% of school bullying incidents were reported. Kids don't tell adults for many reasons:

- Bullying can make a child feel helpless. Kids may want to handle it on their own to feel in control again. They may fear being seen as weak or a tattletale.
- Kids may fear backlash from the kid who bullied them.
- Bullying can be a humiliating experience. Kids may not want adults to know what is being said about them, whether true or false. They may also fear that adults will judge them or punish them for being weak.
- Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- Kids may fear being rejected by their peers. Friends can help protect kids from bullying, and kids can fear losing this support.
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- Friends can help protect kids from If you know someone in serious distress or danger, don't ignore the problem. Get help right away.
- Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- Kids may fear being rejected by their peers. Friends can help protect kids from bullying, and kids can fear losing this support.

**For more information, please take some time to read the articles and information at [www.stopbullying.gov](http://www.stopbullying.gov).**

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## **PFLAG 101 WHAT IS A SHARING MEETING?**

Ever since PFLAG was founded in New York City over 40 years ago, sharing meetings have been a part of its mission and support.

A sharing meeting is a support meeting, where parents, friends, and families of LGBTQ+ persons come for sharing, listening, and support.

The meetings are confidential and for our Buffalo/Niagara chapter, generally held on the third Sunday of the month. A board member facilitates the meetings. You do not need to let PFLAG B/ know ahead of time that you are attending. Currently our meetings are being held virtually via Zoom, but we look forward to in-person meetings returning. The codes are on the front page of this newsletter and available by calling our helpline, 716=883-0384.

Some sharing meeting attendees come soon after a loved one comes out. Others, attend much later.

Some people may join once, some come multiple times, and some come back sporadically to share updates or when more support is needed. Consider joining us again or for the first time; we are here for you.

### ***Sharing Guidelines***

***We meet because we have learned someone very close to us is LGBTQ+.***

***We try to help one another deal with this information in a positive manner.***

***Although we do not always agree, we try to be understanding.***

***We strive to maintain anonymity while sharing on a level that is comfortable.***

***We want all to attend meetings for their own benefit as well as that of the group.***

***It is our hope that when each of us reaches a point of understanding and acceptance, we realize that this is when others need us the most.***

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## **PFLAG Buffalo/Niagara BOARD OF DIRECTORS**



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**PFLAG Buffalo/Niagara is a 501(c)(3) non-profit organization.**