



# BULLYING

**Bullying is when one is mean to another time and time again.**

- ▶ Bullying happens everyday.
- ▶ Bullying causes a person to be depressed, have low self-esteem, suicide thoughts and thoughts of violent revenge.
- ▶ The student who is bullied is called "target" or "victim."

## The Bully

- ▶ Some one who bullies may face problems of criminal behavior such as rape, assault, gang activity, vandalism and theft, and substance abuse
- ▶ Many times those who bully were bullied themselves.

## What does bullying look like?

- ▶ It may be **physical abuse** such as kicking, hitting, shoving, punching, tripping or damaging personal property.
- ▶ **Verbal Abuse** is the most common kind of bullying.
  - Saying insulting or mocking things such as name calling and put downs
  - Making threats such as sexually abusive comments
  - Making remarks
- ▶ **Relational (emotional) bullying** aims to hurt the victim's reputation and self-esteem. This is more common among girls
  - shunning or rejecting a person
  - spreading rumors
  - persuading others hurt or rejects the victim
  - hostile gestures such as staring and laughing

### ▶ Cyberbullying

Using technology to hurt others sending insulting messages or embarrassing images by cell phone or computer.

Creating rude web sites, polls, or weblogs about the victim.



Some schools require students to sign an agreement to use technology respectfully.

## Signs of Bullying

- ▶ comes home with bruises, or damaged or missing clothing or personal property
- ▶ seems to have fewer friends or low self esteem
- ▶ failing grades and don't want to go to school
- ▶ has trouble sleeping and loss of appetite
- ▶ complains of headaches and stomachaches
- ▶ appears sad, moody, depressed, stressed or anxious

*No one deserves to be bullied.*

Sometimes a child may bully others and is bullied. These children are even more likely to develop problems such as depression or alcohol and other drug use. An aggressive victim might:

- ▶ be disruptive
- ▶ seem restless or unable to concentrate
- ▶ attempt to fight back if bullied

*Speak up about bullying problems*

## Does your child bully or has your child witnessed a bullying?

- ▶ A bully may be impulsive, aggressive and intolerant of differences
- ▶ Show little sympathy or understanding for others
- ▶ Disregard rules and not get along well with adults



## Has your child witnessed bullying?

Children who witness bullying are called bystanders. Bystanders to bullying may not want to tattle about the incident. They will avoid getting involved for fear of being bullied next and feel guilty for not helping the victim.

## What to do if you suspect your child is being bullied

- ▶ **Ask questions.** Encourage your child to talk about what happened. Listen carefully to what the child says.
- ▶ **Be calm and supportive.**  
Never blame a child for being bullied. Instead, let your child know it's not his or her fault.
- ▶ **Keep a log.**  
Take notes about how your child was bullied and when. Share the log with school officials.
- ▶ **Contact the school**  
Your child may ask you not to talk about the bullying problem. It will help more if you report the bullying to the school, ask about the policy for dealing with the problem, and follow up to make sure the bullying stops.

▶ **Help your child avoid future bullying**

Coach him/her not to show anger or fear. Never tell your child to fight back. Tips for the child:

- ask the person to stop bullying
- if possible, use humor to lighten up the situation
- just walk away
- tell an adult

**Build social skill**

Help your child increase his or her self esteem and confidence by talking to him/her about making new friends and participating in school activities.

**If your child bullies others**

- ▶ stay calm
- ▶ don't excuse it
- ▶ talk to the school
- ▶ teach respect
- ▶ build social skills
- ▶ keep an eye on media use
- ▶ spend time together

**Bystanders can help make school a better place**

Talk to your child about what to do if he or she sees an act of bullying. If he feels safe, bystanders can make a difference by

- ▶ telling the bullying student to stop
- ▶ letting the target know that being bullied is not his or her fault
- ▶ encourage the target to tell an adult



The school must be a safe learning environment