

Bullying in the U.S.

Being Bullied:

- 17% of students indicated that they had been bullied with some frequency (2-3 times a month or more within the school semester)

Bullying Others:

- 10% of students indicated they had bullied others with some frequency (2-3 times a month or more within the school semester)

How Long Has the Bullying Lasted?

- For students who have been bullied, significant numbers have been bullied for long periods of time:
- 39% of girls and 46% of bullied boys said they had been bullied for one year or longer

Cyberbullying:

- 5.1% reported being cyberbullied. Eighty-five to 90% of students cyberbullied are also bullied in traditional ways

Olweus, D. & Limber, S. P. (2010, October). What we are learning about bullying. Webinar available for viewing on olweus.org.



Recommended Websites

www.stopbullying.gov

www.stopbullyingnow.com

www.olweus.org

www.pewinternet.org

www.cyberbullyhelp.com



Bullying will not stop without intervention

Every child has a right to feel safe, respected, and accepted at school. Parents, teachers, and administrators need to work together to make this happen.

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STOP DWI Program



What Parents Need to Know About Preventing Bullying



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What is Bullying?

Bullying occurs when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.

Three Key Components of Bullying Behavior:

1. Involves intentional aggressive behavior
2. Typically involves a pattern of behavior repeated over time
3. There is an imbalance of power or strength

Types of Bullying

Physical bullying can include hitting, kicking, pushing, shoving, pinching, demeaning acts, and destroying or stealing another person's property.

Verbal bullying includes teasing, name calling, mocking, taunting, racial slurs, sexual comments, and aggressive threats.

Relational bullying or social cruelty makes the bullied student feel worthless through ignoring, isolation, exclusion, or shunning. It can involve gossiping, spreading rumors, and the manipulation of others for social gain.

Cyberbullying involves the use of the internet or cell phones to send intentionally hurtful or hostile comments or pictures repeatedly to an individual or group.



Warning Signs

Warning Signs of Being Bullied

- Appears sad, anxious, depressed or moody
- Complains of headaches, stomach pains, seems afraid to go to school
- Sleeps poorly or has bad dreams
- Loses interest in school work or other activities
- Suffers from low self-esteem
- Has few friends, is quiet, sensitive, withdrawn
- Comes home from school with torn or dirty clothing or missing belongings
- Has unexplained cuts, bruises, scratches



Warning Signs of Bullying Others

- Teases, threatens, hurts, excludes other children
- Is hot-tempered, impulsive, aggressive, may have a hard time following rules
- Seems to enjoy the power from putting others down; shows little or no empathy for others
- Is always determined to win, has trouble losing
- Hides negative behaviors, denies responsibility when discovered, or blames others for personal problems

What You Can Do

If Your Child is Being Bullied

- Let them know the bullying is not their fault and you will do what you can to make sure it stops
- Find out details about what has been happening
- Don't encourage retaliation of any kind, this may make the situation worse
- Discuss appropriate ways of dealing with the bullying
- Tell your child to report all bullying immediately to you or an adult at school
- Help your child make new friends
- Contact a teacher, counselor, or principal at your child's school

If Your Child is Bullying Others

- Make it clear that you take bullying seriously and that it is not acceptable
- Be a role model of nonaggressive and kind behavior
- Use clear and consistent rules and consequences for your child's behavior
- Help get your child involved in pro-social activities
- Work with the school to help your child

If Your Child Witnesses Bullying

- Tell your child not to join or laugh in the bullying
- Teach your child how to support the bullied child in a safe way
- Have your child include others in their games activities
- Explain the importance of reporting all bullying to an adult at school and an adult at home