

BULLYING INFORMATION

Bullying is..... *Unwanted, unwarranted, harmful behavior toward another student OR person.*

Bullies are often students with more social (older), or physical power who harasses another person with less power.

Often bullies believe it is okay to hurt or bother others because they have been hurt or bothered in their lives.

Bullies are often victims themselves.

Bullies worry about their wants, needs and fun, and often forget about others.

Sometimes bullying can be related to behaviors such as wrecking stuff, fighting, stealing, use of drugs or alcohol and skipping class.

Victim *is the student who is being bullied.*

Bystanders *are the students who stand on the sidelines and see the acts of bullying. They may encourage the bully, ignore it, ask for help, or try to help the victim. Bystanders at times choose not to help because they are afraid of retaliation, afraid to tattle-tale, don't like the victim anyways, or feel that is isn't any of their business.*

Physical bullying *is biting, kicking, pushing, pinching, hitting, tripping, pulling hair*

Verbal bullying *is sarcasm, teasing, put-downs, name-calling, phone calls, spreading rumors, gossip*

Emotional Bullying *are behaviors that upset, exclude (leaving someone out), or embarrass, nasty notes, mean emails, threatening, tormenting*

Cyber Bullying *is any type of bullying through the means of electronic devices*

Racial Bullying *is rejection or leaving someone out because of their ethnicity, color of their skin*

Why do bullies, bully?

They have been bullied

They think bullying is an easy way to get what they want

They enjoy watching a weaker student suffer

They think bullying makes them more powerful and popular

They are jealous of the victim...smarts, athleticism, attention

Want to look tough or be in charge

Like the money gained from bullying ~ stealing

They don't know their behaviors are considered bullying

They are easily frustrated and are impulsive

Feel that their actions have purpose and that it is okay for some reason

Enjoy inflicting power on others and causing extreme fear

What are characteristics of bullies? Who are they?

Like being in charge

Forceful behavior

Does not show care for others

Picks on weaker peers

Puts others down to make themselves feel better

Blames others falsely

Is moody and negative often

Has low level of self-esteem

Seeks attention, negative attention

Does not accept responsibility-it is always someone else's fault

WHAT CAN YOU DO?

Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying, there are several resources that may help. Recognize the warning signs that your child is involved in bullying. They could be being bullied, bullying others, or witnessing bullying. Although these signs could signal other issues, you should talk to your child if they display any sort of behavioral or emotional changes. Many times kids won't ask for help, so it is important to know what to look for. If your child is at immediate risk of harming himself or others, get help right away. Learn what bullying is and what it is not. Understanding what bullying is is the first step in forming a plan to prevent or respond to bullying with your child. Many behaviors that look like bullying may be just as serious, but may require different response strategies. Cyber-bullying often requires different strategies than in-person bullying. Learn how to work with your kids to prevent cyber-bullying and how to respond when it occurs. Utilize tips and tools to talk to your child about bullying. Opening lines of communication before your child is involved in bullying makes it easier for them to tell you when something happens. It is also important to work with a school to help prevent bullying before it starts. If you know or suspect bullying has occurred, learn how to find out what has happened with your child. Understanding what has happened can also help in communicating with school or community officials about the situation. If you have determined bullying has occurred, learn how you and school or community officials can work together to support your child, whether they were bullied, bullied others, or witnessed bullying. Learn also about considerations for specific groups. If bullying is occurring at school, learn about what your state requires schools to do in your state's anti-bullying law. Learn also about federal laws that require schools to address harassment based on race, color, national origin, sex, and disabilities and ways to report situations that have not been adequately addressed to the U.S. Departments of Education and Justice. If you have worked with your child and your school and need additional assistance, find resources to help address the situation. <http://www.stopbullying.gov/what-you-can-do/parents/>

Signs a Child is Being Bullied : Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs.

- 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