

Bullying

What is bullying?

Bullying is a problem that is starting to get serious attention. In the past, it was thought to be part of growing up. Children were told to stay away from a bully. Bullying includes things like making threats, spreading rumors, attacking someone physically or verbally. Research shows that bullying can have a lasting affect on the victim as well as the bully.



Who are they?

Both boys and girls are affected by bullying. Boys tend to be more physical. They may hit, punch or kick. It may lead to beatings with serious injuries or the use of weapons. Girls more often use emotional or social means such as rumors, name-calling or isolation. Internet web sites, and chat rooms, social media and text messaging are being used more and more to bully. This is called cyber bullying.



What effects does it have on the victims?

Children who are bullied have real suffering. It can cause problems with social and emotional development, school performance and health.

They may feel they deserve to be teased. They may be depressed, have anxiety issues and may be afraid to go to school. Other children may be afraid of being bullied if they are friends of the victim. This makes it hard for the victims to make friends at school.

What effects does it have on the bullies?

Bullies can have long-term problems. Bullying during childhood may lead to serious academic, social, emotional and legal problems. They may face social isolation, peer rejection and suicidal thoughts. Bullies also are at risk for criminal convictions and alcoholism in adulthood.

What can parents do?

- Be open and direct when dealing with bullies.
- Make it clear that bullying is not acceptable. Teach children report bullying when they see it.
- Ask your child to include children who often are left out.

What can parents do (continued)

- Teach children to solve conflict peacefully.
- Support the victim.
- Reward cooperation.
- Get involved when you see bullying.
- If bullying occurs at school, talk with school officials. Ask the school to develop a safety plan.
- Help angry children learn ways to manage their emotions.
- Watch your child's use of technology.
- Teach your child how to be assertive with words.
- Help children develop their unique talents. This can help them feel powerful.
- If your child is a victim, teach ways to stay bully-free:
 - Stay away from bullies.
 - Tell a friend or teacher.
 - Use humor or assertive statements to calm situations
 - Travel in groups.
 - Run away when in danger.

Where can I get more information?

If you are feeling hopeless or helpless or know someone that is, please call the LIFELINE at 1-800-273-TALK (8255).

www.stopbullying.gov Every state has policies or laws. Find out how your state refers to bullying in its laws. Find out what they require on the part of schools and districts. This government website has resources for youth, parents and teachers.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.