

Teaching kids how to handle bullying

Bullying can leave lasting emotional scars on a child. Kids who know what bullying is can better identify it, talk about it, safely stand up to it and know how to get help.

Here are a few tips from StopBullying.Gov you can share with your children about how to handle bullying:

- Look at the kid bullying you and tell him or her to stop in a calm, clear voice. Try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.
- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults aren't around.



What is bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

In order to be considered bullying, the behavior must be aggressive and include:

- **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

What is cyberbullying?

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.

Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites or fake profiles.

STUDENT BULLYING

STATES WITHOUT BULLYING LAWS
FIRST STATE WITH BULLYING LAW

280,000
STUDENTS ARE PHYSICALLY ATTACKED IN SECONDARY SCHOOLS EACH MONTH

160,000
STUDENTS MISS SCHOOL EACH DAY FOR FEAR OF BEING BULLIED

77%
OF STUDENTS ARE BULLIED MENTALLY, VERBALLY, & PHYSICALLY. CYBER BULLYING STATISTICS ARE RAPIDLY APPROACHING SIMILAR NUMBERS

43%
FEAR HARASSMENT IN THE BATHROOM AT SCHOOL

bul·ly·ing

Physical, verbal, or psychological attacks or intimidation against a person who cannot properly defend himself or herself. It includes two key components: 1. Repeated harmful acts 2. Imbalance of power

EFFECTS OF BULLYING
Bullying can have a significant impact on both child and teenage students. Students who are bullied often suffer from anxiety, fear, withdrawal, low self-esteem, and poor concentration. A bullied student will often avoid school, have lower grades, and become socially isolated. There have been numerous reports of suicide due to bullying.

EFFECTS ON BULLIES
Bullying is often a warning sign that children and teens are heading for trouble and are at risk for serious violence. Teens (particularly boys) who bully are more likely to engage in other antisocial/delinquent behavior (e.g., vandalism, skipping trunks and drug use) into adulthood. They are 10x more likely than nonbullies to be convicted of crimes by age 24, with 60 percent of bullies having at least one criminal conviction.

WORST STATES TO LIVE IN FOR BULLYING K-12

1 OUT OF 4
STUDENTS WILL BE ABUSED BY ANOTHER YOUTH

1 OUT OF 5
ADMIT TO BEING A BULLY, OR DOING SOME "BULLYING"

SOURCES:
[HTTP://WWW.COPS.USDOJ.GOV](http://www.cops.usdoj.gov)
[WWW.KEEPSCHOOLSAFE.ORG](http://www.keepschoolsafe.org)
[WWW.BULLYPOLICE.ORG](http://www.bullypolice.org)
PRODUCED BY:
BUCKFIRE & BUCKFIRE PC
WWW.BUCKFIRELAW.COM
<http://bit.ly/studentbullyingfacts>

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MOST COMMON TYPES OF BULLYING: HITTING, THREATENING, INTIMIDATING, MALICIOUSLY TEASING AND TAUNTING, NAME-CALLING, MAKING SEXUAL REMARKS, AND STEALING OR DAMAGING BELONGINGS OR MORE SUBTLE, INDIRECT ATTACKS (SUCH AS SPREADING RUMORS OR ENCOURAGING OTHERS TO REJECT OR EXCLUDE SOMEONE).

PLAYGROUND SCHOOL BULLYING STATISTICS
EVERY 7 MINUTES A CHILD IS BULLIED

MORE YOUTH VIOLENCE OCCURS ON SCHOOL GROUNDS AS OPPOSED TO ON THE WAY TO SCHOOL
ADULT INTERVENTION: 11% PEER INTERVENTION: 4% NO INTERVENTION: 85%