

Parents Guide to Recognizing Bullying

Salamanca City Central School District

Let's Complete The Puzzle



Bullying Fact #1

Approximately 20-30% of students are chronically involved in bullying as victims, bullies, or both

Bullying Fact #2

Boys typically engage in direct, overt bullying behavior (physical assaults or verbal threats and taunts); whereas, girls tend to use more indirect, discreet forms of bullying (intentionally leaving someone out of activity or spreading rumors)

Bullying Fact #3

Direct, physical bullying increases in elementary school, peaks in middle school and declines in high school. Verbal abuse, on the other hand, remains constant. The U.S. Department of Justice reports that younger students are more likely to be bullied than older students.

What is Bullying?

- An aggressive behavior that is intentional and involves an imbalance of power and strength
- It is a subtype of more pervasive peer aggression, which can have negative developmental effects on the victim and the perpetrator
- It is repeated over time

Different Forms of Bullying:

- Verbal (teasing, name calling, threatening)
- Emotional/Nonverbal (excluding from a group, gestures)
- Physical (hitting, kicking)
- Cyberbullying (carried out through e-mails, texts, facebook)

Definitions

Bully:

Someone who directs physical, verbal, or psychological aggression or harassment toward others, with the goal of gaining power over or dominating another individual (Can be either male or female)

Victim:

Someone who repeatedly is exposed to aggression from peers in the form of physical attacks, verbal assaults, or psychological abuse (May be male or female)

Bully-Victim:

Someone who bullies others and is also a victim of bullying (Can be male or female)



Possible Effects for a Bullied Child

- Loneliness
- Depression
- Feelings of Anxiety and Fear at School
- Low Self-Esteem
- Participate less in activities and class
- Impaired Concentration
- Lowered Academic Achievement
- Increase in Absenteeism
- Feeling Sick
- Thoughts of Suicide
- School Drop Out

Possible Effects for a Child That Bullies

- Depression
- Anxiety
- Conduct Problems
- Substance Use
- Coercive Dating Relationships
- Risk of Involvement in Crime as Adults
- School Drop Out

Warning Signs of

A Child who may be Engaging in Bullying

- Your child has been accused of being a bully at school or other places
- Has gotten into fights (verbally or physically) with other students at school
- Becomes easily frustrated when he/she does not get his/her way
- Displays dominance or aggression when interacting with other children
- Verbally describes other children in a negative way, or in a way that lacks empathy
- Peers that your child hangs out with (what are they like; who are they; what do they do in their free time; hobbies)

How Parents Can Help Prevent & Stop Bullying

- **Be Aware of Changes in Your Child's Behavior or Attitudes** (talk with your child about the change you see to get insight as to why this change has happened)
- **Offer Strategies to Counter Bullying** (Walking away from the bully; teaching statements such as "I don't like what you said/or did" or "You can say whatever you want but it's not true"; Teach them how to think about positive images or statements about themselves to increase self-esteem; teach them to get help from an adult)
- **Encourage Your Child to Tell Someone** if he/she is bullied or see's bullying
- **Praise Your Child for Appropriate Social Behavior** (Positive Feedback; Rewards)
- **Use Alternatives to Physical Punishment** (Remove privileges; additional chores; discussing the behavior with your child and explaining why it is wrong/inappropriate)
- **Stop Bullying Behavior As It Is Happening** (See It— DO/SAY Something Right Away)
- **Begin Working on Appropriate Social Skills Early** (role play with child to teach how to handle a situation if they are bullied or see someone else being bullied— walk away; tell an adult; ask for help from peers)
- **Ensure Appropriate Adult Supervision at All Times** (Know what activities your child is participating in (inside and outside of school) and make sure adequate supervision is present in every situation)
- **Become Familiar with Anti-Bullying Policy at Your Child's School** (discuss school rules and behavior expectations to ensure your child knows what is and what is not acceptable in school)
- **Contact the School** (Ask for help dealing with bullying; Ask questions you may have about Bullying; Report Bullying)

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Together

Bullying Fact #4

Approximately 3.7 million youths engage in, and more than 3.2 million students are victims of, moderate to serious bullying each year

Bullying Fact #5

Bullying is the most common form of violence in our society; between 15% and 30% of students are bullies or victims

Websites for Parents to Visit for More Information on Bullying:

Bullying Online—
www.bullying.co.uk

Bully Police—
www.bullypolice.org

Committee for Children—
www.cfchildren.org/issues/bully

Kids Health—
www.kidshealth.org

NASP Resource Library—
www.nasponline.org/resources/index.aspx

Stop Bullying Now—
www.stopbullyingnow.hrsa.gov