

It's no longer a
matter of

*"Boys will be Boys"
and "Girls will be
girls"*



**Bullying is being
considered a serious
issue in the US**

**So, YES, sticks and
stones AND names
too can all hurt you!!**

*Where to find more
information about
Bullying...*

- National Youth
Violence Prevention
(www.safeyouth.org)
- Stop Bullying Now
(www.stopbullyingnow.org)
- Bully B'ware
(www.bullybeware.com)
- Bullying Info
(www.bullying.org)
- Bullying: Information
for Parents and
Teachers
(www.lfcc.on.ca/bully.htm)

**HELP PUT
A STOP TO**



BULLYING

What is Bullying?

Bullying is repeated acts of intentional physical or psychological cruelty towards another individual.

The person who bullies does so out of a need to feel more powerful and controlling over another.



Who is doing the Bullying?

Both boys and girls are doing the bullying.

Boys tend to use direct bullying tactics; such as physical abuse, threatening, damaging or stealing another's personal property, and taunting.

Girls tend to use indirect bullying tactics; such as gossiping, spreading rumors, and excluding other's from their social circle.

What are the characteristics and effects of being a bully?

Contrary to popular belief, bullies have average or above average self-

esteem. They are confident, most often considered the popular kids in school, and don't seem to have any problems making friends.

Bullying is a learned behavior and most likely was learned by witnessing or experiencing bullying in the home. If bullying behavior isn't dealt with early on, then the bullying behavior will continue into adulthood.

60% of children who are known to bully in their adolescent years, will have at least 1 criminal conviction by the time they are 24 years old.

Children who are known to bully are more likely to have problems with alcoholism, drug use, and child and spousal abuse.

What are the characteristics and effects of being a bully's victim?

Since bullies are looking for power and control, their victims most often will be children who are smaller, younger, not as smart, or are different from themselves. Bullies also have a tendency to target someone who lacks friends and are less likely to retaliate.

Even if you have only experienced one episode of being bullied, it could

still cause life long effects to an individual.

Victims of bullies have a tendency to have anxiety, depression and low self-esteem. They carry this with them into adulthood.

Some victims see no way out, other than suicide to end their suffering.

Others resort to revenge and become a bully themselves, such as in most of the cases of recent school shootings that have occurred.



Things you can do...

Intervention is key! Bullying is not something that will usually go away on it's own. Whether you are a victim or witness to bullying, you need to tell an adult.

As an adult, you need to listen openly and take the issue of bullying seriously.

Teach your children how to be assertive, not aggressive.

Find out if your school has an anti-bullying policy. If it doesn't, talk to the teachers, school administrators and parents about developing one.

Bullying - Consumer Health Information

- Bullying: Information for Parents and Teachers
<http://www.lfcc.on.ca/bully.htm>
This website offers suggestions on how to handle bullying within the school systems. It offers information on anti-bullying program criteria, implementation of an anti-bullying program and in-class activities.
- Stop Bullying Now
<http://www.stopbullyingnow.hrsa.gov/index.asp>
This website is geared towards children in elementary and middle school. It speaks on their level about bullying, whether you are a bully or a victim, and has some great interactive tools. This was developed by the Department of Health and Human Services working closely with children to develop characters to portray bullying situations.
- Bullying.org

<http://www.bullying.org/public/main.cfm?content=1059>

This website is geared towards children in elementary school. There is an interactive game where they can draw their own picture of a hero and a bully, then use the hero to save other children from the bully. This website also offers presentations to promote anti-bullying.

- Bully B'ware Productions
<http://www.bullybeware.com/moreinfo.html>
This website discusses how schools need to provide a safe environment for children to be able to learn to their full potential.
- Youth Violence Prevention
<http://www.safeyouth.org/scripts/teens/bullying.asp>
This website is geared towards teens. It discusses effects of being a bully and being a victim and advice on how to handle a bully-victim situation if you are a victim or a witness.

Bullying - Professional Medical Information

- American Academy of Child & Adolescent Psychiatry

<http://www.aacap.org/publications/factsfam/80.htm>

This website offers suggestions to parents on how to deal with a child who bullies and how to deal with a child who is possibly being bullied.

- National Mental Health Information Center
<http://www.mentalhealth.org/publications/allpubs/SVP-0056/>
This website gives common signs to look for if your child is possibly being bullied, common signs to look for if your child is possibly doing the bullying, and some parenting tips on how to help your child if they are being bullied or bullying others.
- American Medical Association
<http://www.ama-assn.org/ama/pub/article/2036-6398.html>
This website discusses how important it is for parents, teachers and physicians to be aware of bullying and the important role adult intervention needs to play for bullying prevention to work.
- Kids Health for Parents
http://kidshealth.org/research/bullying_violent_behavior.html
This website discusses the link between bullying and more

violent behavior among kids and teenagers.

- Kids Health for Parents
http://kidshealth.org/PageManager.jsp?dn=KidsHealth&lic=1&ps=107&cat_id=145&article_set=21590

This website gives examples of several different types of bullying. It also gives advice if your child is being bullied or if your child is bullying others.

- MedicineNet.com
<http://www.medicinenet.com/script/main/art.asp?articlekey=31663>

This website discusses the effects of being a victim and being a bully. It also discusses how the adults within the school systems and communities need to be involved before episodes of bullying will be decreased.

Bullying - Statistical Information

- Martial Arts for Peace
<http://www.atriumsoc.org/pages/bullyingstatistics.html>

This website has statistics showing how often bullying occurs and how bullying can contribute to more violent behavior.

- Women's Educational Media
http://www.womedia.org/lgr_statistics.htm

This website contains information about bullying and violence, how it is linked to prejudice and ignorance, and how it can contribute to serious physical and mental health consequences

- Get Information.com
<http://www.getinformation.com/newsite/getstatistics.html>

This website gives statistics of school age children who bully and are bullied and the relation to carrying weapons, drugs, alcohol and sexual offenders. This site also has a timeline of recent school shootings and a chart of characteristics of prisoners who have been sentenced to death.

- Bullying Statistics and Web Resources
<http://www.highlands.k12.fl.us/~msdp/BullyingStatsResources.htm>

This website gives statistical information about bullying. It also offers additional web resources for parents and teachers to visit to obtain more information on bullying.

- Indiana School Safety Specialist Academy
<http://ideanet.doe.state.in.us/issaa/bullystatistics.html>

This website has statistics on how bullying effects children based on several studies conducted over the past few years.

Bullying - Website Critique

- Bullies Reunited
http://www.seethru.co.uk/zine/features/bullies_reunited/

This is a very poorly thought out site that encourages bullying behavior. This website is designed for people who used to bully while they were in school and want to share their experiences with others who used to bully as well.

- Senator Dick Durbin of Illinois
<http://durbin.senate.gov/new2001/studentemailform.cfm?bw=lo>

This site is not a very good source for information on bullying. This is a website designed by a man who is running for office and is giving his political viewpoint on the issue of bullying

- YouBigBully.com
<http://www.youbigbully.com>

This website shows up on searches as “Stop the Bullying” This link actually directs you to a website for Andy Tomko, a former bully and now a motivational speaker, who is trying to market his anti-bullying products and presentations. This is a very poor resource for information.

- PubMed
<http://www.ncbi.nlm.nih.gov/entrez>

This website has some good information, but only has abstracts of articles and does not allow you access to the full article. This makes it very difficult to determine how good the information from the article actually is.

- National Mental Health Information Center
<http://www.mentalhealth.org>

This site had a lot of great information on what bullying is and advice on how to take action against bullying in schools. It also discusses the signs that parents and physicians need to be looking for to help determine whether a child is possibly being bullied or is bullying other children.

- Youth Violence Prevention

<http://www.safeyouth.org>

This site is a great source for information for teenagers and parents. It defines and gives examples of bullying that are easy for a teenager to understand. It has information on who bullies and how to handle bully-victim situations whether you are being bullied, doing the bullying or a parent of a child who bullies or is being bullied.

- Stop Bullying Now
<http://www.stopbullyingnow.hrsa.gov/index.asp>

This website is great for adolescents and teenagers to go for advice about bullying. It’s a very creative site with lots of interactive tools, such as games to play and webisodes with bully and victim characters.

- Bullying.org
<http://www.bullying.org>

This is a great website for children in elementary school. It allows them to share their experiences with other elementary aged children. There is also an interactive game that lets the child create and play the hero in a bully-victim situation.

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