



Bullying can have a lasting impact on the victim as well as the bully.

## Bullying

### Bullying is a significant problem for many children

Bullying is a worldwide problem that is starting to get serious attention from parents. In generations past, bullying was considered to be part of growing up. Children were advised to stay away from a bully, and the bullies themselves were looked at with a “kids will be kids” attitude. Current research shows that bullying can have a lasting impact on the victim as well as the bully.

Once associated only with males, a greater number of females are now affected by bullying. Boys tend to rely on physical domination: hitting, punching or kicking. Some incidents result in beating with serious injuries or the use of weapons. Girls more often bully each other by relying on emotional or social manipulation such as rumors, name-calling or isolation to hurt or intimidate victims.

Victims of bullying suffer physical, emotional, developmental and educational losses. They may feel they deserve to be teased. These victims have greater difficulty making friends at school because other children may be fearful they also will become victims of bullying by association.

Bullies can suffer long-term consequences. Aggressive behavior during childhood may lead to other physically aggressive acts, violence and delinquency. They may also face social isolation, peer rejection and suicidal thoughts. Bullies also are at risk for criminal convictions and alcoholism in adulthood.

### What parents can do

- Deal with bullying openly and directly.
- Make it clear that bullying is not acceptable. Teach your children to help other children who are being bullied, include children who often are left out and to report bullying when they see it.
- Teach children to resolve conflict peacefully.
- Reward cooperation.
- Intervene when you see bullying occur.
- If bullying occurs at school, inform the principal and encourage the development of a safety plan.
- Help angry children learn techniques to manage their emotions.
- Teach verbal assertiveness.
- Teach constructive ways for children to feel powerful by fostering each child's unique talents.
- 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 diffuse situations; travel in groups; run away if he or she is in danger.

*Your donation helps provide needed programs. Contact  
Child Abuse Prevention Fund  
MS 3085  
PO Box 1997  
Milwaukee, WI 53201  
(414) 266-6300  
[www.capfund.org](http://www.capfund.org)*