

# Bullying

## Bullying is a large problem for many children



In years past, bullying was thought as a part of growing up. Children were told to stay away from a bully, and the bullies 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.**

More girls are now affected by bullying. Boys still tend to rely on physical acts and girls more often bully by spreading rumors, name-calling or isolation.

Victims of bullying can suffer physical, emotional, 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 afraid they will become victims too.

Bullies can suffer long-term consequences. Aggressive behavior during childhood may lead to other physically hostile acts, violence and delinquency. Bullies may face social isolation, peer rejection and suicidal thoughts and are at risk for illegal convictions and alcoholism as adults.

## 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 or left out.
- ♥ Teach your children 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 use of a safety plan.
- ♥ Help angry children learn techniques to manage their emotions.
- ♥ Teach verbal assertiveness.
- ♥ Teach positive ways for children to feel powerful by encouraging each child’s special 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 confident statements to calm situations.
  - Travel in groups.
  - Run away if in danger.