### Types of Bullying

**Direct (Face-to-Face) bullying** where the person being bullied knows what is happening and who is doing the bullying.

**Indirect (Behind-the-Back) bullying** is much less obvious to the victim and adults. Often the victim may not be aware that bullying is taking place or who is bullying.

- **Physical**
  - Includes punching, poking, strangling, hair pulling, hitting, biting, and stealing
- **Verbal**
  - Includes name-calling, insults, teasing, put-downs, and gossip
- **Emotional**
  - Includes tormenting, extorting, defaming, humiliating, blackmailing, and rating/ranking of personal characteristics. May also include manipulating friendships through rejecting, isolating, and ostracizing their victims.
- **Sexual**
  - Includes many of the actions listed above as well as exhibitionism, voyeurism, sexual propositioning, sexual harassment and abuse involving actual physical and sexual assault

### Why do Children Bully?

- **Attention**
  - Bullying is a common way to receive attention, even if it is negative attention
- **Peer Acceptance**
  - Many children find bullying as a way of feeling accepted and ‘popular’ with other students
- **Feelings of power**
  - With bullying comes a feeling of being powerful and stronger than their victims
- **Influence of media**
  - All students are exposed to movies, TV stations, and music where bullying, teasing, and sarcasm are often seen
- **Family factors**
  - Some students model or imitate bullying behaviors that are witnessed in their own homes

Technology has changed our society and has provided another venue and method for bullying to take place. Parents need to be aware of these new developments and monitor their children appropriately.

### Tips for Parents

Many victims of bullying and harassment are good at hiding their feelings and emotions from adults, including their parents. Here are some signs to look for that might indicate if your child is a victim of bullying.

- Anxiety and/or avoidance of school
- Being moody or withdrawn
- ‘Losing’ lunch money or other possessions
- Coming home with ripped clothes, cuts, and bruises
- Not wanting to hang out with their friends
- Not being able to sleep at night
- Change in academic performance

If you feel your child is a victim of bullying, what should you do as a parent?

**DO:**
- **Talk** to your child and ask questions about school and their friends
- **Listen** and support your child
- **Let** the child know they are not responsible or to blame for the bullying
- **Model** appropriate behavior and interactions which do not include bullying or aggression
- **Teach** your child how to effectively respond to a bully
- **Inform** school personnel of the situation
- **Encourage** the school to take prompt action in dealing with bullying and harassment
- **Keep** a diary of what your child says is happening or have your child write down all events that took place

**DON’T:**
- Minimize or ignore the problem
- Tell your child that bullying is no big deal and to just ignore it
- Say that your child is ‘over-sensitive’
- Exhibit or demonstrate bullying behavior at home
- Forget to inform the school of the situation and individuals involved!

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Resources used in this brochure are:
What can Schools do?

Many of the incidents of bullying occur in a school environment, therefore it is important for parents to be aware of their school district’s policy and plan to deal with bullying and harassment in the schools. What can schools do?

Develop assessment questionnaires for students to voice their opinions on bullying and harassment in their school.

Listen respectfully to what students and parents have to say about harassment in their school.

Cooperatively create classroom rules against bullying.

Teach a curriculum to all students designed to prevent bullying, which should include various strategies on dealing with bullies.

Encourage parent involvement in the school.

Provide a safe learning environment for all students.

Post and publicize behavioral expectations around the school.

Develop strategies to reward students who demonstrate positive and inclusive behavior.

Create school-wide procedures for reporting bullying and harassment so that reports can be investigated and resolved quickly.

Take immediate action! Show students, parents, and the community that your school is serious about addressing the issues of bullying and harassment.

Helpful Resources on Bullying

Books

The Anti-bullying handbook

Bullying at school: What we know and what we can do

Odd girl out: The hidden culture of aggression in girls

Queen bees and wannabes: Helping your daughter survive cliques, gossip, boyfriends, and other realities of adolescence

The secret lives of girls: What good girls really do – sex play, aggression, and their guilt

What to do when kids are mean to your child

Internet Web Sites

Bullying in Schools
http://www.uncg.edu/edu/ericcass

Early Warning, Timely Response
http://www.ed.gov/offices/OSERS/OSEP/Products/earlywrn.html

No Bully Web Site
http://www.nobully.org.nz

Safeguarding our children: An action guide
http://www.cecp.air.org/guide/actionguide.html

A Parent’s Guide to Bully Prevention

Bullying is a problem in both our schools and communities. It can involve either physical or psychological intimidation and is usually something repeated over time. Bullying is unfair, one-sided, and can lead to ongoing patterns of abuse and harassment.