Bullying

Bullying is different from the routine conflicts of childhood. It is intentional behavior that is meant to hurt and dominate another person. Characterized by an imbalance of power between the child who bullies and the target. Bullying can be physical, verbal, emotional (social), or sexual. It includes harassment via e-mail and instant messaging.

Reasons why children bully

- Previous traumatic experiences of their own, including maltreatment or bullying.
- A lack of warmth and involvement on the part of their parents.
- Parent(s) exhibiting bullying behavior or violence to others, including to both people and animals.
- Harsh, physical discipline at home, including physical abuse.
- A lack of supervision or intervention (including little to no limits for children’s behavior) by parents, guardians, teachers and other adults.
- Victimization by older siblings.
- Friends who bully or who have positive attitudes about violence.
- Models of bullying behavior are prevalent throughout society, especially in television, movies and video games.
- Some aggressive children who take on high status roles may use bullying as a way to enhance their social power and protect their prestige with peers.
- Some children with low social status may use bullying as a way to deflect taunting and aggression that is directed toward them and enhance their social status with higher status peers.
- Bullying thrives in schools where faculty and staff do not address bullying, where there are weak policies against bullying and discrimination, and where there is little supervision of students — especially at recess or during free periods.

Facts about bullying

- Bullying is one of the most underrated and serious problems in schools today.
- Most bullying is verbal rather than physical.
- More than 10 percent of children say they sometimes bullied others, and 9 percent admitted they bullied other students at least once a week or more.
- Children who were identified as bullies by age eight, were often bullies throughout their lives.
- By age 24, 60% of children who bully will have had a criminal conviction.
- 14% of students experience severe reactions to bullying that may have lifelong psychiatric consequences.
- Bullies reported higher rates of tobacco and alcohol use and were more likely to have negative attitudes about school. Their victims, on the other hand, were more likely to report being lonely and having difficulty forming friendships.
Let's Complete The Puzzle

Help your child stop bullying

- Talk to your child
- Confirm that your child's behavior is bullying and not the result of a disability
- Teach empathy, respect, and compassion
- Make your expectations clear
- Provide clear, consistent consequences for bullying
- Teach by example
- Role play
- Provide consequences for bullying behavior
- Discuss bullying and set clear rules at home
- Provide positive feedback
- Be realistic
- Seek help
- Providing consequences for his/her behavior.
- Teaching true leadership involves sharing power
- Teaching your child to take personal responsibility for behavior
- Model the behavior you expect from your child

Do not bully your children physically or verbally
- Help children learn social skills
- Praise children's good behavior and their kindness toward others
- Teach children self-protections skills, how to walk confidently, to stay alert to what is going on around them, and to stand up for themselves
- Provide opportunities for children to talk about bullying
- Recognize that bullies may be acting out feelings insecurity, anger or loneliness
- Seek out specific strategies you can use at home from school counselors or psychologists.