

WHAT IS BULLYING?

Bullying is behavior intended to harm or disturb the victim. It can be physical or emotional and can occur in person, electronically, or indirectly.

Some examples of physical bullying include:

- Punching
- Shoving/pushing
- Hitting
- Kicking
- Choking
- Budging in line

Some examples of emotional bullying:

- Threatening
- Taunting
- Teasing
- Spreading bad rumors about people.
- Getting people to “gang up” on others
- Name calling

Some examples of Electronic bullying: (cyber-bullying)

(This type of bullying happens on- line or electronically. It occurs when someone bullies through the internet, mobile phone or other electronic means.)

- Sending mean-spirited text, e-mail or instant messages.
- Posting inappropriate pictures or messages about others in blogs or on Web sites.
- Using someone else’s user name to spread rumors or lies about someone.
- Lying to hurt intentionally or externally.

Who Bullies?

- Children that want to belong but do not possess the social skills to effectively keep a friend.
- Children that put others down because it makes them feel better about themselves.
- Children that feel insecure about themselves.
- Children who may be looking for attention.
- Children who come from families who have bullied them. Families where everyone is angry and shouting all the time. The bully may think that by being angry, calling names and pushing people around is a normal way to act. Some of these bullies are copying what they have seen someone else do.

IGNORING MEAN AND
AGGRESSIVE BEHAVIORS SENDS A
MESSAGE THAT THIS BEHAVIOR IS
ACCEPTABLE.

HOW CAN WE HELP A CHILD THAT IS BEING BULLIED:

- Protect them from future harassment.
- Help them “think through” the answer to the question “why did he/she do that to me?” help them to not feel guilty for causing it to happen.
- Young children benefit from writing, drawing, role playing and talking about their experiences. If this is not something that you feel comfortable with, ask for professional help.

HOW CAN WE HELP A CHILD WHO IS BULLYING:

Be sensitive to the child.

This child has done an act that you can't condone but remember this child might come from an environment where there is little warmth or individual attention. Discipline may be inconsistent, it may be physical and the child may be a witness to many emotional outbursts.

Ask the offender these questions:

- What did you do?
- Why was that a bad thing to do?
- Who did you hurt?
- What were you trying to do?
- Next time, how will you do it without hurting someone?

AGGRESSIVE CHILDREN NEED TO:

- Acknowledge their own actions.
- Acknowledge the results of their own behavior on themselves.
- Develop a consciousness and guilt over what their actions cause.
- Change their actions to stay out of trouble.
- Learn to trust and form relationships with caring, consistent, responsible adults.

ADULTS NEED TO:

- Show these children we like them.
- Praise them for any progress they show.
- Be willing to be vigilant, consistent and willing to exert the time and energy it takes to solve problems.

