

The Kentucky Center for School Safety supports the idea that school culture improves when a school-wide prevention plan consistently addresses the needs of all students to encourage a safe and healthy learning environment.

Questions about Bullying

BULLYING STATISTICS

- Every 7 seconds a teen is bullied by another teen
- 250,000 teens report being bullied each month
- 6 million school children have been bullied in the last 6 months
- 75% of students are bullied or victimized each school year, often on the school bus
- Each day, 160,000 students miss school for fear of being bullied
- 33% of youth have been victimized by cyber bullying
- 85% of bullying takes place while others are around; often they are watching
- Bullies are often people who have been victims of bullying themselves
- Suicide is the third leading cause of death in people between ages 15 and 24; between 15 – 25 kids each year commit suicide because they are being bullied

Approximately 60% of boys as bullies in grades 6 - 9 have at least one conviction by age (<http://bully-no-more.org/stats.html>)

What is bullying?

Bullying is different from conflict alone. It is hurtful, deliberate behavior meant to demean and belittle, frighten, hurt or exclude someone. And the other piece of bullying is it is repeated over time in other words it happens over and over...

Why would someone want to bully another person?

Well many bullies have a hard time being sensitive to other people's problems or feelings. Bullies often pick on someone they think they can have power over. They might pick on kids who get upset easily or who have trouble sticking up for themselves. Getting a big reaction out of someone can make bullies feel like they have the power they want. Sometimes bullies pick on someone who is smarter than they are or different from them in some way. Sometimes bullies just pick on a kid for no reason at all.

They may

- Want attention
- feel powerful when they bully
- feel bad about themselves and when they bully it make them feel better about themselves
- have been bullied themselves

- May blame the victim by saying “they were asking for it” or by “wearing those clothes or talking that way”...

There is no “good excuse for bullying”. No one deserves to be bullied.

There are four basic forms of Bullying

- 1) **Physical bullying:** This form includes shoving, poking, hitting, kicking, breaking someone’s belongings. This type of bullying often is easy to witness and leaves visible bruises of evident. The use of overt bodily actions to gain power of another and it is usually boys. It can start at a very young age.
- 2) **Verbal bullying:** It is a subtle form of bullying that relies on words. It can be teasing, lying, name calling, basically any spoken abuse. While verbal bullying does not cause bodily harm, the effects are long lasting and very damaging.
- 3) **Social bullying:** This form of bullying goes beyond punches and words, it includes ignoring or excluding the victim from a group, encouraging others to dislike the victim, spreading vicious rumors or taking on a false identity in written form to harass or humiliate a victim. This type of bullying can leave psychological scarring.
- 4) **Cyber bullying:** Cyberbully is when a child is tormented, threatened, harassed, humiliated, embarrassed or targeted by another child using the Internet, mobile phone, or other type of digital technology. It has to be a child on both sides. If it is an adult, it is not considered cyberbullying and is called cyber-harassment or cyberstalking and is a very serious crime.

How to Avoid Being a Victim of a Bully

- Avoid is the “Key” word. Avoid places he/she will be if you can take another route home, to your locker where ever. Avoid places where no adult supervises or monitors...
- Take a buddy/ or be one... two are safer than one ...as you go to class or on the way to lunch bullies usually pick on loners.
- Stand up for yourself... Have good self esteem, be confident. You are special and have different talents that are unique to you. No one is the same. Be proud of you.
- Be confident and assertive not aggressive. Use a firm voice and tell the bully to “Stop” if that doesn’t work. Do something unexpected; laugh, cough, yell or sing really loudly. Confuse the bully and don’t fight back. Usually that gets you into trouble.
- Tell a trusted adult. Sometime the bullying stops as soon as he/she knows you told for fear of the consequences. Know that you are not Tattling.

Telling is when you tell a trusted adult, because you or someone else might get hurt or seriously injured. Tattling is when you want to get someone in trouble. Think of your motive...then tell a trusted adult...

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When one student targets another on-line:

- Mean, vulgar or threatening email
- Forwarding a private communication to others
- Humiliating text sent over a cell phone
- Web site mocking others
- Posting embarrassing photos or video
- Impersonating someone else to spread rumors
- Intentionally excluding someone from an online group
- Posting sensitive, private information about another person

How can you prevent being cyber bullied?

- Don't give out private information (Passwords, PIN)
- Be careful about posting personal information such as name, address and cell numbers
- Don't share buddy lists
- Delete messages from people you don't know
- Don't post embarrassing photos or video
- When something doesn't sound right, leave the chat room
- Assume no digital communication is private

How to prevent miscommunication or becoming a cyber-bully

- Don't email when you are angry
- Don't forward an email that someone sent as a private message
- Don't email with friends and target someone for entertainment

-Questions before you post or send

- Is this communication kind and respectful
- How would I feel if someone else sent this to me
- Does this violate any rules, pledges or laws
- How would I feel if my actions were printed in the newspaper
- Assume no digital communication is private
- Would it be "okay" in real life or "face to face"
- How will this reflect on me and my family