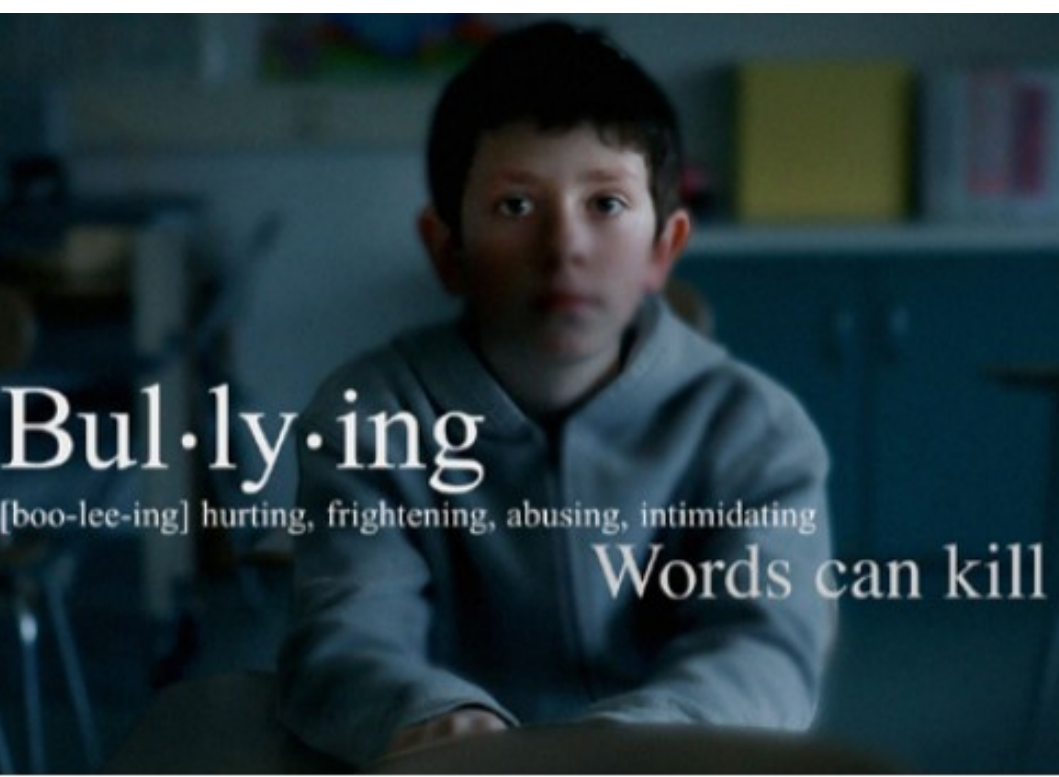


IMPORTANT FACTS ABOUT BULLYING



Bullying is behavior that focuses on making someone else feel inadequate or on belittling them. Bullying includes harassment, physical harm, repeatedly demeaning speech and efforts to ostracize another person. Bullying is active, and is done with the intention of bringing another person down. It is important to realize that there are different kinds of bullying:

Physical Bullying

The most obvious form— trying to physically dominate another teen to instill fear or coerce him or her to do something.

- kicking, punching, other physically harmful activities

Verbal Bullying

Using language to demean someone and tear down their self image, often in front of other people

- saying mean or humiliating things, using sarcasm to hurt another person’s feelings

Emotional Bullying

Making someone feel isolated and alone

- using words to convince others to ostracize the person being bullied

Cyber Bullying

Just like verbal bullying— but done without the face-to-face contact

- sending emails, texts, instant messages, or posting comments on social networking sites to humiliate and embarrass someone else.

*facts from bullyingstatistics.org*

CYBERBULLYING by the numbers:

- 21 percentage of 11 to 18-year-olds who have been cyberbullied
- 20 percentage of students who have cyberbullied others
- 8 hours a day the average American teen spends on electronic devices
- 25 percentage of young girls who have been cyberbullied
- 16 percentage of young boys who have been cyberbullied

*The American Observer, January 2011*

How common is teen bullying?

Almost 30% of teens in the US have either bullied someone or been a target of bullying.

That’s over 5.7 million people!



In a survey of students in grades 6-10

- 13% were bullies themselves
- 11% were the target of a bully
- 6% had been both the bully and the victim

Physical bullying is more common among boys. Teenage girls are more likely to spread gossip or encourage others to reject or exclude a specific girl.

*survey data from firstfamilyhelp.org*

INFORMATION FOR PARENTS

Is Your Child a Victim of Bullying?

There are warning signs to look for if you have concerns that your teen is being bullied.

Does your teenager:

- Come home from school with damaged, ripped, or missing clothes, books, or other possessions?
- Have cuts and bruises that are not explained?
- Hardly ever hang out with other teens?
- Walk a roundabout way to or from school?
- Seem afraid of going to school, whether it be walking to and from school, riding the bus, or taking part in school activities with other teenagers?
- Complain often of headaches, stomachaches, or other physical problems?
- Seem no longer interested in schoolwork or have falling grades?
- Look upset when he or she comes home?
- Have trouble sleeping or suffer from bad dreams?
- Not eat as much as normal?
- Appear anxious or lacking in self-esteem?



Is Your Teenager a Bully?

Did you know that:

- Younger teens are more likely to bully or be bullied than older teens.
- While teenage boys pick on both boys and girls, teenage girls usually only bully other girls.
- Boys who bully are usually physically stronger than their peers.

Those who bully other teenagers often share some common characteristics. Does your teenager:

- Act impulsively?
- Seem argumentative?
- Behave in a domineering way?
- Become easily frustrated?
- Lack empathy?
- Break rules?
- Seem depressed?
- Dislike school?
- View violence or aggression in a positive way?
- Have problems at home?

What Should Parents Do?

If you suspect bullying, parents can:

- Create a tighter bond with your child.
- Be aware of your own behavior and aggression.
- Provide good examples of conflict resolution.
- Quickly take action if your child has been bullied or has been accused of doing the bullying.
- Make it clear that you will not tolerate bullying behavior.
- Involve the school if abuse continues.

*facts from teenhelp.com*

BULLYING AND VIOLENCE

The Centers for Disease Control & Prevention, the U.S. Department of Education, and the U.S. Department of Justice gather and analyze data from a variety of sources to gain a more complete understanding of school violence.

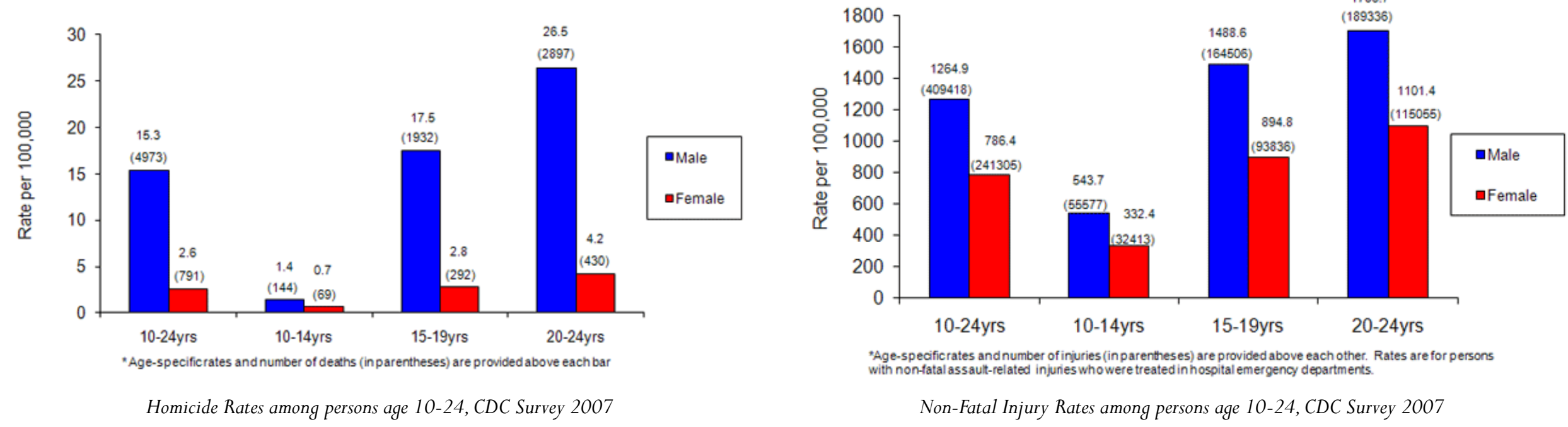


Here are some of their findings:

Risk Behaviors

In 2007, a nationwide survey of students in grades 9-12 reported the following risk behaviors:

- 5.9% of students carried a weapon (e.g., a gun, knife, or club) on school property during the 30 days before the survey
- 7.8% of students were threatened or injured with a weapon on school property during the 12 months before the survey
- 12.4% of students were in a physical fight on school property during the 12 months before the survey.
- 22.3% of students were offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey.



Violent Deaths

Violent deaths at schools accounted for less than 1% of the homicides and suicides among children ages 5-18.

During the past seven years, 116 students were killed in 109 separate incidents—an average of 16.5 student homicides each year.

Most school-associated violent deaths occur during transition times—before and after the school day and during lunch.

Violent deaths are more likely to occur at the start of each semester.

Nearly 50% of homicide perpetrators gave some type of warning signal, including making a threat or leaving a note, prior to the event.

*data from cdc.gov / violenceprevention*

For More Information:

This is a sampling of websites which, along with other local and national support groups, can help families and schools address these important issues.

www.teenhelp.com

www.stopbullying.gov

www.bullyingandschool.com

www.stop-the-hate.org

www.schoolsafety.us

