



# Bullying in Schools

## WHAT IS BULLYING?

Bullying includes verbal and emotional abuse like teasing, taunting, ridicule, intimidation, threats, rumors, graffiti, jokes, gestures, ostracization, shunning, and scapegoating, as well as extortion, robbery and physical and sexual assault. Bullying of minority students is also a hate crime.

School-initiated bullying often continues outside of school in neighborhoods, malls and other places where students gather.

## TYPES OF BULLYING

- **Physical**
- **Verbal**
- **Psychological**

## BULLYING INCLUDES

- **The Bully**
- **The Victim**
- **The Bystander(s)**

## STATISTICS

- 30% of students in grades 6-12 are involved in some form of moderate to severe bullying (as bullies, victims or as both)
- Increasingly viewed as an important connection to youth violence, homicide and suicide
- 1 out of 4 students is bullied
- 77% of students are bullied mentally, verbally, physically
- 14% of students bullied say they experienced severe reactions to the abuse
- 1 out of 5 students admit to being bullied or doing some bullying
- 8% of students miss one day of school per month for fear of some type of bullying
- Teens ages 12-17 proved that violence has increased in their schools

## SIGNS THAT MAY INDICATE BULLYING

- Change in friend group
- Lack of friends
- School rejection
- Illness at certain times or certain days
- Withdrawal or lack of confidence
- Mild to severe case of depression

## WHAT DOES A BULLY LOOK LIKE?

Bullies may be outgoing and aggressive or can appear reserved on the surface, but may try to manipulate people in subtle, deceptive ways like

anonymously starting a damaging rumor to see what happens.

They have no feeling of empathy towards others .

Bullies can be male or female.

## WHAT CAN YOU DO IF YOU ARE BEING BULLIED?



- ⊙ Try to avoid being alone
- ⊙ Find a positive group
- ⊙ Ignore the bully and walk away (not a Coward)
- ⊙ Hold the anger ( express it appropriately )
- ⊙ Don't get physical
- ⊙ Practice confidence
- ⊙ Take charge of your life
- ⊙ Talk about it
- ⊙ Find your true friend(s)
- ⊙ Tell your staff and or parents

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## OTHER FORMS OF BULLYING

Teasing

Taunting

Ethnic Slurs

Sexual Harassment

