

Bullying Prevention

A Fact Sheet on Preventing Bullying

Bullying is intentional harm-doing, repeated over time, that occurs in a relationship where an imbalance of power exists. It includes unwelcome physical contact with the intent to harm, embarrass or demean another student, verbal abuse, (including teasing, name-calling and harmful gossip), and emotional abuse (including intimidation, humiliation, exclusion or social isolation).

FACTS

In one statewide study, 23% of students reported being bullied "several times" or more frequently during the school term.¹

When students were asked what they did when a student was being bullied...

- 38% - Nothing, because it's none of my business
- 27% - I don't do anything, but I think I should help
- 35% - I try to help him or her

Boys... Tend to be more prone to be bullied and to bully and are inclined to be more prone to direct bullying, usually in the form of physical attacks and aggression

Girls... Tend to be more prone to indirect bullying, usually in the form of social isolation, slandering, spreading of rumors, and manipulation of friendships.



PREVENTION TIPS

If your child is being bullied or is a witness to a bullying incident...

- Report all instances of bullying.
- Talk with school officials and teachers to alert them to any problems.
- Work with school officials and teachers on developing practical solutions.

- Teach your child the proper time and way to ask for help when bullying occurs.
- Encourage your child to act and not become a bystander. Tell your child not to cheer on or even watch a conflict that encourages a bully who is the center of attention.
- Clarify the difference between telling an adult when someone is in physical or emotional danger and tattling in order to get someone in trouble. School staff, parents, law officials, and others depend upon students alerting (telling) them.

Parents, teachers, school officials, and those that work with youth should...

- Supervise children and help them develop social skills and interest.
- Set consistent rules and explain them clearly to children.
- Model positive behavior: positive reinforcement, helping those in need, speaking in a positive nature, and respecting others.
- Explain that bullying hurts other children.

RESOURCES

Virginia Department of Health
Center for Injury & Violence Prevention
<http://www.vahealth.org/civp>

Virginia Youth Violence Project
<http://youthviolence.edschool.virginia.edu/>

Health Resources and Services
Administration, Stop Bullying Now
Campaign
<http://stopbullyingnow.hrsa.gov/index.asp>

Olweus Bullying Prevention Program
<http://www.clemson.edu/olweus/index.html>

Creating Bully Free Environments
www.bullyfree.com

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