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BULLYING TIP SHEET

1. TOPIC, CHALLENGE OR QUESTION TO BE ADDRESSED

- How can fathers help their children successfully deal with bullies?

2. KEY WORDS/GLOSSARY (with definitions)

Bullying – Bullying is intentional tormenting in physical, verbal, or psychological ways. It can range from hitting, shoving, name-calling, threats, and mocking to extorting money and possessions. Some kids bully by shunning others and spreading rumors about them. Others use [social media](#) or electronic messaging to taunt others or hurt their feelings.

Types of Bullying:

- **Verbal:** Verbal bullying is the most common type of bullying and the easiest to inflict on other children. It is quick and direct. Children learn at a very early age how to bully other children verbally. It begins with unsophisticated name calling, usually using words that adults tells children are forbidden or unacceptable. As children mature, they begin to understand how words can be used in powerful ways to hurt one another. Boys generally like to name-call and use threats, while girls use slander and gossip to gain social power. Generally, verbal bullying peaks in middle school and begins to decrease as children become more socially conscious and accepting of others' differences.
 - **Examples:**
 - Teasing
 - Name calling
 - Making threats against the target
 - Intimidating
 - Making demeaning jokes about someone's differences
 - Spreading rumors
 - Gossiping
 - Slandering (spreading false, negative information)
- **Emotional/Social:** Emotional bullying is the most sophisticated type of bullying because it is generally very calculated and is often done in groups. It can be the most difficult behavior for children to define as bullying because they may feel as if they did something to deserve it. They may not recognize the behavior as bullying because it is typically not physical, or they may not understand why it is happening to them. Emotional bullying is generally difficult for the casual observer to detect, since he or she doesn't have full knowledge of the social nuances or social structures surrounding the behavior.
 - **Examples:**
 - Exclusion

- Social manipulation
 - Telling someone who they can and cannot be friends with
 - Spreading rumors
 - Humiliation
- **Physical:** Physical bullying can be the easiest type of bullying to recognize, since it is the most visible behavior. This type of bullying includes perceived intent to harm, such as threats or “pretending” to physically harm the target (e.g., flicking fingers or extending hands close to the target’s eyes or face to cause a withdrawal reaction). Physical bullying can begin in children as young as 4 or 5 years old. This behavior is not considered bullying until the child realizes his or her actions cause another person pain.
- **Examples:**
 - Hitting
 - Kicking
 - Pushing
 - Taking or damaging property
 - Forced or unwelcomed contact
- **Sexual:** Understandably, this may be the most difficult type of bullying for a child and parents to discuss. Even though the subject may be uncomfortable to talk about, children need to know acceptable boundaries and appropriate behavior in social relationships. Students need to be provided with the appropriate social rules and norms for dating and flirting so they can act with respect toward their peers and recognize when someone is not respecting them sexually.
- **Example:**
 - Sexually charged comments
 - Inappropriate or lewd glances
 - Inappropriate physical contact
 - Targeted sexual jokes
- **Cyber:** The Internet has become the “new bathroom wall,” a place where children can post mean and inappropriate comments about their peers. The rise of the Internet and other technology has led to a new, very serious form of bullying: cyberbullying. Cyberbullying is when the Internet, cell phones or other devices are used to send or post text or images intended to hurt or embarrass another person.
- **Examples:**
 - Sending harassing, embarrassing, or otherwise unwelcome emails or text messages
 - Threats
 - Sexual harassment
 - Hate speech
 - Ridiculing someone publically in online forums
 - Posting lies, rumors or gossip about the target and encouraging others to distribute that information

Restoring Confidence - Dealing with bullying can erode a child's confidence. To help restore it, encourage your kids to spend time with friends who have a positive influence. Participation in clubs, sports, or other enjoyable activities builds strength and friendships. Provide a listening ear about difficult situations, but encourage your kids to also tell you about the good parts of their day, and listen equally attentively. Make sure they know you believe in them and that you'll do what you can to address any bullying that occurs.

Conflict - A disagreement or argument in which both sides share their views.

Conflict Resolution - The difference between bullying and conflict is important to note, because conflict resolution or mediation strategies are sometimes misused to solve bullying problems. These strategies can send the message that both children are “partly right and partly wrong,” or that, “We need to work out the conflict between you two.” These messages are not appropriate in cases of bullying (or in any situation where someone is being victimized). The appropriate message to the child who is being bullied should be, “Bullying is wrong and no one deserves to be bullied. We are going to do everything we can to stop it.”

3. RELEVANT FACT/RESEARCH/STATISTICS (within current year)

- Research presented at the 2017 Pediatric Academic Societies Meeting revealed the number of children admitted to hospitals for attempted suicide or expressing suicidal thoughts doubled between 2008 and 2015. Much of the rise is linked to an increase in cyberbullying. (Source: [CNN](#)). More teen suicides are also now attributed in some way to cyberbullying ([1](#), [2](#), [3](#)) than ever before.
- In 2015, a higher percentage of female than of male students ages 12–18 reported being bullied at school during the school year (23 vs. 19 percent), as well as being the subject of rumors (15 vs. 9 percent). In contrast, a higher percentage of male than of female students reported being threatened with harm (5 vs. 3 percent).
- Higher percentages of Black students (25 percent) and White students (22 percent) than of Hispanic students (17 percent) reported being bullied at school in 2015. The percentage of students who reported being made fun of, called names, or insulted was also higher for Black students (17 percent) and White students (14 percent) than for Hispanic students (9 percent). The percentage of students who reported being the subject of rumors was higher for Black students (14 percent), White students (13 percent), and Hispanic students (10 percent) than for Asian students (5 percent).
- A higher percentage of students in grade 6 than of students in grades 8 through 12 reported being bullied at school during the school year. In 2015, about 31 percent of 6th-graders reported being bullied at school, compared with 22 percent of 8th-graders, 19 percent of 9th-graders, 21 percent of 10th-graders, 16 percent of 11th-graders, and 15 percent of 12th-graders. In addition, a higher percentage of 7th-graders (25 percent) than of 11th- and 12th-graders reported being bullied at school. The percentage was also higher for 8th- and 10th-graders than for 12th-graders. No measurable differences were observed in the percentage of students who reported being bullied at school by urbanicity or between those in public and private schools.

4. REFERENCES

- [HTTP://STOPBULLYINGNOWFOUNDATION.ORG/MAIN/](http://stopbullyingnowfoundation.org/main/)
- [HTTPS://WWW.STOPBULLYING.GOV/MEDIA/FACTS/INDEX.HTML#STATS](https://www.stopbullying.gov/media/facts/index.html#stats)
- [HTTPS://WWW.PACER.ORG/BULLYING/RESOURCES/STATS.ASP](https://www.pacer.org/bullying/resources/stats.asp)
- [HTTPS://NCES.ED.GOV/FASTFACTS/DISPLAY.ASP?ID=719](https://nces.ed.gov/fastfacts/display.asp?id=719)
- <https://www.pacer.org/bullying/resources/parents/definition-impact-roles.asp>

5. TIPS/STRATEGIES/SUGGESTIONS/RECOMMENDATIONS

Advice for Kids

Parents can help kids learn how to deal with bullying if it happens. For some parents, it may be tempting to tell a kid to fight back. After all, you're angry that your child is suffering and maybe you were told to "stand up for yourself" when you were young. Or you may worry that your child will continue to suffer at the hands of the bully, and think that fighting back is the only way to put a bully in his or her place.

But it's important to advise kids not to respond to bullying by fighting or bullying back. It can quickly escalate into violence, trouble, and someone getting injured. Instead, it's best to walk away from the situation, hang out with others, and tell an adult.

Here are some other strategies to discuss with kids that can help improve the situation and make them feel better:

- **Avoid the bully and use the buddy system.** Use a different bathroom if a bully is nearby and don't go to your locker when there is nobody around. Make sure you have someone with you so that you're not alone with the bully. Buddy up with a friend on the bus, in the hallways, or at recess — wherever the bully is. Offer to do the same for a friend.
- **Hold the anger.** It's natural to get upset by the bully, but that's what bullies thrive on. It makes them feel more powerful. Practice not reacting by crying or looking red or upset. It takes a lot of practice, but it's a useful skill for keeping off of a bully's radar. Sometimes kids find it useful to practice "cool down" strategies such as counting to 10, writing down their angry words, taking deep breaths, or walking away. Sometimes the best thing to do is to teach kids to wear a "poker face" until they are clear of any danger (smiling or laughing may provoke the bully).
- **Act brave, walk away, and ignore the bully.** Firmly and clearly tell the bully to stop, then walk away. Practice ways to ignore the hurtful remarks, like acting uninterested or texting someone on your cell phone. By ignoring the bully, you're showing that you don't care. Eventually, the bully will probably get bored with trying to bother you.
- **Tell an adult.** Teachers, principals, parents, and lunchroom personnel at school can all help stop bullying.
- **Talk about it.** Talk to someone you trust, such as a guidance counselor, teacher, sibling, or friend. They may offer some helpful suggestions, and even if they can't fix the situation, it may help you feel a little less alone.

6. RESOURCES

- **What Parents should know about Bullying**
<https://www.pacer.org/bullying/resources/parents/helping-your-child.asp>
- **Bullying Prevention**
<https://www.stopbullying.gov/>
- **New York Anti-bullying Laws**
<https://www.stopbullying.gov/laws/new-york/index.html/>
- **How parents, teachers and kids can take action to prevent bullying**
<https://www.apa.org/helpcenter/bullying>
<https://kidshealth.org/en/parents/bullies.html>