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FAMILY

# DEALING WITH BULLYING





## TABLE OF CONTENTS

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<b>The Problem Of Bullying</b>	<b>2</b>
<b>How It Occurs</b>	<b>3</b>
<b>Risk Factors</b>	<b>5</b>
<b>Warning Signs</b>	<b>6</b>
<b>What You Can Do</b>	<b>8</b>



## 2 THE PROBLEM OF BULLYING

Bullying occurs when an individual or group deliberately and repeatedly misuses power, strength or influence to physically and/or psychologically harm a more vulnerable individual or group.

### **What You Should Know**

Every day in the United States, hundreds of thousands of children refuse to go to school for fear of bullying. With the Internet and social media, bullying can now happen anywhere, at any time, in front of an unlimited audience. Bullies can remain anonymous, and victims may not feel safe even at home.

- Half of all children report being bullied at some time.
- More than 10 percent of children say they are bullied regularly.
- A majority of teens say they witness bullying at least daily, causing them to feel helpless or to fear they could be the next target.
- An estimated 16 percent of high school students report being bullied electronically in the past year.

*Sources: American Academy of Child & Adolescent Psychiatry (AACAP), National Crime Prevention Council (NCPC), Centers for Disease Control and Prevention (CDC)*

It has become more common and more dangerous than in the past and is now recognized as a form of abuse that can have lifelong effects on victims and bullies alike. Victims are at increased risk for anxiety, depression, sleep disorders and, in extreme cases, self-mutilation and suicide. Bullies have a higher rate of substance abuse and academic problems and are more likely to commit crimes as adults.

Bullying can begin in preschool and continue throughout high school. Students are most likely to experience bullying during their late elementary school and middle school years.

Bullying is most likely to occur on school property, especially in poorly supervised or hidden areas, such as halls, stairwells, restrooms, locker rooms, playgrounds, buses and parking lots. Online bullying, when students have access to the Internet via smart phones and computers, can happen continuously.

**What Bullying Is** — Bullying occurs when an individual or group deliberately and repeatedly misuses power, strength or influence to physically and/or psychologically harm a more vulnerable individual or group. It is ongoing aggressive behavior that is intentionally hurtful and threatening and is illegal in many states.

**What Bullying Is Not** — Not all negative behavior among children constitutes bullying. A one-time act of meanness, thoughtless insult or offensive remark is not considered bullying. Random acts of aggression, intimidation, social rejection or exclusion may not constitute bullying behavior. While these isolated incidents are not considered bullying, a pattern of these behaviors could lead to a bullying situation.

### **When Boys Bully**

Boys and girls both bully, but with important differences:

- Boys' victims may be boys or girls.
- Boys' bullying tends to be physically and verbally aggressive.
- Their online bullying tends to include sexually explicit comments.
- Their aggressive behavior may be more accepted by peers and adults.
- Their bullying is usually more direct and noticeable than girls' bullying.
- They are as likely as girls to use social and emotional taunting.

### **When Girls Bully**

- Girls' victims are usually other girls.
  - Their bullying tends to be verbal and social, meant to damage a victim's relationships and reputation.
  - They tend to bully indirectly through peer groups.
  - They inflict more psychological pain on their victims.
  - Their bullying is usually harder to detect.
  - They often behave well around adults while being cruel to peers.
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## TYPES OF BULLYING

<b>Physical</b>	<ul style="list-style-type: none"> <li>• Hitting, slapping, shoving.</li> <li>• Kicking.</li> <li>• Pinching.</li> <li>• Restraining.</li> <li>• Taking, stealing or damaging someone's belongings.</li> <li>• Throwing spit wads or food.</li> <li>• Choking.</li> <li>• Inappropriate touching.</li> </ul>
<b>Verbal</b>	<ul style="list-style-type: none"> <li>• Insults and put-downs.</li> <li>• Name-calling.</li> <li>• Repeated teasing.</li> <li>• Threats and intimidation.</li> <li>• Racial slurs.</li> <li>• Sexual comments.</li> <li>• Spreading false rumors.</li> <li>• Leaving threatening or suggestive voicemails.</li> </ul>
<b>Social</b>	<ul style="list-style-type: none"> <li>• Hurting an individual's reputation or status.</li> <li>• Undermining relationships.</li> <li>• Spreading false rumors.</li> <li>• Joking to embarrass and humiliate.</li> <li>• Unkind mocking or mimicking.</li> <li>• Deliberately excluding or isolating someone from a group.</li> </ul>
<b>Online</b>	<ul style="list-style-type: none"> <li>• Sending insulting or threatening text messages, instant messages or e-mails.</li> <li>• Spreading false rumors on social networking sites.</li> <li>• Posting negative or embarrassing photographs without consent.</li> <li>• Excluding someone from social networking sites.</li> <li>• Tricking someone into revealing private information then forwarding it to others.</li> <li>• Creating websites to make fun of someone.</li> <li>• Sending cruel or untrue messages in someone else's name.</li> <li>• Taking over someone's social media profile or creating a new one.</li> </ul>

**Personality Traits: Victims**

Most children who become victims of bullying share common personality traits that increase their risk of being bullied.

**Passive Victims**

- Do nothing to provoke others.
- Tend to be quiet, cautious and sensitive.
- May be depressed, anxious or have low self-esteem.
- May cry easily, showing hurt feelings when bullied.
- Are perceived as different from their peers (for example, being overweight or underweight, wearing different clothing or wearing glasses).
- Are viewed as physically or emotionally weak.

**Aggressive Victims**

- Tend to annoy or provoke others for attention.
- Tend to be socially clumsy, impulsive and immature.
- May have learning disabilities.
- May show symptoms of attention-deficit disorder (ADD).
- May experience sibling bullying at home.
- Are often victims and bullies.

**Personality and Family Traits: Bullies**

Generally, children who become bullies share multiple risk factors. For example, they:

- Tend to be socially connected, with at least a small group of friends who encourage their bullying.
- Are generally confident, with average or above-average self-esteem.
- Are impulsive and easily frustrated or angered.
- Tend to be self-centered, showing little empathy for others.
- May be defiant and aggressive toward parents, teachers and other adults.
- Have a strong need to dominate others to get their way.
- Tend to experience a lack of attention, warmth or supervision at home.
- Are usually exposed to conflict or physical aggression at home.
- May experience sibling bullying at home.

*Source: Josephson Institute*

## 8 WHAT YOU CAN DO

### **Anti-Bullying Programs For Schools**

Find out whether your child's school has an anti-bullying campaign in place. Effective anti-bullying programs typically include the following:

- Posting no-bullying rules, such as "I will not bully others," "I will try to help others who are bullied," and "I will tell an adult when I know someone is being bullied."
- Using role-play and other assignments to equip students to handle bullying incidents.
- Notifying parents of bullies.
- Intervening individually with bullies and their victims and referring them to counseling if needed.
- Educating teachers on how to reduce bullying.
- Increasing adult supervision during recess and lunch.

### **Put A Stop To Bullying**

Bullying has become a widespread problem with serious consequences. Bullying intervention begins at home, where parents can nurture children with positive attitudes, the ability to laugh at themselves and to get along well with others. Teachers, parents and other caring adults should continue working together to create physically and emotionally safe environments for children.

**DEALING WITH BULLYING: ( One Training Hour) TEST**

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Instructions:** Read each of the following questions carefully, and CIRCLE your best answer.

1. T F **Students in high school reported that 10 percent have been bullied electronically in the past?**
2. T F **Bullies have a higher rate of substance abuse and academic problems and are more likely to commit crimes as adults?**
3. T F **Bullying usually begins in middle school years and continues throughout high school?**
4. T F **The 4 types of bullying include social, verbal, physical and online?**
5. T F **A one-time act of meanness, thoughtless insult or offensive remarks is not considered bullying?**
6. T F **Joking to embarrass and humiliate is a type of physical bullying?**
7. T F **Leaving threatening or suggestive voicemails is a type of verbal bullying?**
8. T F **Restraining, choking and kicking is a type of social bullying?**
9. T F **In online type of bullying, bullies create websites to make fun of someone and Send insulting or threatening text messages?**
10. T F **Aggressive behavior may be more accepted by peers and adults when girls bully?**
11. T F **Bullying tends to be verbal and social when boys bully?**
12. T F **Passive victims tend to be quiet, cautious and sensitive?**
13. T F **Sometimes children who bully are reacting to being bullied themselves?**
14. T F **Bullying intervention begins at school where teachers can nurture children with positive attitudes?**
15. T F **If you suspect your child is being bullied, it is important to confront the issue immediately?**

**(OVER)--→**

**PLEASE FILL OUT YOUR INFORMATION BELOW AND SEND YOUR COMPLETED TEST TO THE ADDRESS BELOW.**

**INCLUDE YOUR CHECK or MONEY ORDER for \$ 5.00 (PER TEST).**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Preschool:** \_\_\_\_\_

**MAIL TO:**

**Lifetech Instructional Services**

**1423 Wisconsin Avenue**

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