

NOTES



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ANTI-BULLYING AWARENESS



Resources
For more information
on Anti-bullying please visit the
stopbullying.gov website at:
<http://www.stopbullying.gov>



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What is Bullying?

Bullying is a real or perceived imbalance of power resulting in unwanted, aggressive behavior among school aged children that involves behaviors that hurt, humiliate or harm another person physically or emotionally.

Types of Bullying

Verbal bullying - includes teasing, name calling, inappropriate sexual comments and threatening to cause harm.

Physical Bullying - includes hitting, kicking, pinching, spitting, tripping, pushing and making mean or rude hand gestures.

Social Bullying – includes spreading rumors about someone, embarrassing someone in public and isolating someone from others/group activities.

Cyberbullying – is the use of technology and equipment such as cell phones, computers, and tablets as well as social media sites, text messages, chat, and websites to bully someone.

The Impact of Bullying on Education, Health and Safety

Today, research shows that bullying has significant short and long-term effects that impact education, health and safety.

What to Look For:

Victim of Bullying

- Depressed and Socially Withdrawn
- Thoughts or acts of suicide
- Fear of going to school
- Nightmares and/or Bed Wetting
- Decreased Self-Esteem
- Self-Isolation
- Stomach or headaches and decreased energy
- Performance dip in school/Truancy
- Post Traumatic Stress
- Retaliatory Behaviors

The Bully

- Performance dip in school
- Inability to keep and maintain friendships
- Engages others in verbal/physical fights
- Displays aggressive behavior toward others
- Short-tempered and angers easily
- Concerned about their image/popularity
- More likely to drop out of school
- In possession of excess cash or unaccounted for personal belongings
- A higher probability of using drugs/alcohol

Anti-Bullying: What Can I Do?

At home

- Talk with children often and listen carefully to what they have to say.
- Discuss bullying behavior and how hurtful it can be to others.
- Make behavioral expectations clear.
- Talk with your child about healthy friendships and model by example.
- Discuss the fact that people are individuals and everyone develops characteristics and personalities that make them who they are.
- Urge children to tell an adult when they are being bullied.

At school

- Learn the school rules, expected behavior, and consequences of bullying.
 - Participate at school, offer services, and attend school-sponsored activities.
 - Communicate regularly with your child's teacher.
 - Report bullying behavior immediately when you become aware it is happening.
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