

Bullying Fact Sheet

Bullying is defined as aggressive behavior that is intentional and that involves an imbalance of power or strength. This aggressive behavior is typically repeated over time. Bullying comes in several forms including physical, verbal, nonverbal, emotional, and cyberbullying.

Signals of Bullying Behavior

Victim: A victim of bullying may: be quiet and shy; have few friends; be excluded from his peer group; show a deterioration of school work; have damaged clothing or unexplained cuts; take illogical routes to school; and seem afraid to go to school or take part in organized activities.

Bully: A bully may tease or intimidate other children; be hot-tempered; have difficulty following rules; and be involved in other antisocial activities.

Bully/Victim: One who is bullied and also bullies others is often insecure; has a negative self-image; is immature and actively disliked by peers and adults; and tries to bully weaker children.

Bullying Facts

- Bullying occurs where there is a power imbalance and one person has difficulty with self-defense.
- The most common forms of bullying are verbal (name calling, rumor-spreading) and social isolation.
- Bullying victims are affected mentally, academically, and physically.
- Bullying can happen anywhere young people gather.
- Bullying occurs in rural, suburban, and rural schools among all demographic backgrounds.
- Bullying most often occurs on the school grounds (bathroom, hallway, cafeteria, and classroom).
- Less than half of the children bullied are likely to tell an adult.
- Those who bully often have a large network of friends and exhibit strong leadership skills.
- Adults have critical roles to play in stopping the bullying.
- Most children do not believe that bullying is cool and want to help bully victims.

Strategies to Help a Bullying Victim

- Privately support the child and spend time with them.
- Be sure the child knows you are concerned and want to help.
- Praise the child for coming to you about the incident and encourage the child to report future incidents.
- Talk with staff at the child's school to see if they have noticed the child being bullied.

Tips to Prevent Bullying in Out-of-School Programs

- Create a safe environment with adequate supervision. Utilize older youth to mentor younger youth.
- Establish clear rules about bullying behavior.
- Include program activities to build self-control, confidence, and resiliency.
- Encourage youth to pursue their own interests and use their social skills constructively.
- Raise community awareness of bullying and support bullying prevention programs.

