

Bullying Facts

- Many students miss school because of fear. (Olweus)
- Boys are more likely to bully others.
- Girls and boys bully differently (boys—physical; girls—social).
- 19% of students (6th-10th) reported bullying others “sometimes” or more often during the school term. (Nansel, 2001)
- 23% reported being bullied “several times” or more frequently. (Melton, 1998)
- Older students and boys are **less** likely than younger students and girls to report victimization.
- Most bullying is verbal rather than physical. (Mullin-Rindler 2001)
- Sixty percent of bullies in grades 6-9 had a criminal conviction by age 24.
- **Victims fear retaliation so very often do not report.**

If Your Child is Being Bullied

- Don’t panic. Listen before you react.
- Avoid blaming your child.
- Don’t tell your child to fight back, instead teach them to be assertive and use words to stand up for themselves.
- Help kids learn strategies to avoid encounters with bullies (safety in numbers).
- Instruct your child to walk away and get adult help.
- Tell the school immediately and keep a written record of what happened.

If Your Child Bullies Others

- Take the problem seriously.
- Supervise your child’s activities/ computer use more closely.
- Don’t tolerate behavior that hurts others and respond swiftly and consistently by restricting time with others.
- Help your child make amends
- Be a good role model—avoid using bullying behaviors at home.

Seminole County
Public Schools

A Parent’s Guide to Bullying



**“Bullying is the most enduring
and underrated problem in
American schools today.”**

- National School Safety Center

School Board Members

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Definition of Bullying

“A student is bullied or victimized when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other students.” (Olweus 1986, 1991)

It is the goal of SCPS that:

- All students have a safe, healthy school environment.
- All schools promote mutual respect, tolerance, and acceptance.
- No school will tolerate behavior that infringes on the safety of any student. A student shall not intimidate or harass another student through words or actions. Such behavior includes: direct physical contact, such as hitting or shoving; verbal assaults, such as teasing or name calling; and social isolation or manipulation.
- All students/staff shall immediately report incidents of bullying/harassment to the principal or designee.

The SCPS Code of Student Conduct

Characteristics of Students Who Bully

- Have good or average self-esteem.
- Enjoy being a bully; have a positive attitude towards power and violence.
- Are impulsive; have a quick temper.
- Have difficulty conforming to rules.
- Show little compassion for victims.
- Perceive actions as justified; deny behavior or blame victim.
- May be physically stronger than peers.
- Engage in anti-social behaviors at an earlier age than peers.

Characteristics of Victims

- Often are insecure or anxious.
- Are quiet, sensitive, shy.
- Physically weaker (males).
- Have difficulty asserting themselves

Or Provocative Victims

- Irritate or tease others.
- Hot tempered, attempt to fight back when attacked.
- Restless or hyperactive.
- May try to bully students weaker than themselves.

What Parents Need to Know

- Be involved in your child’s life, including computer time.
- Ask open ended questions.
- Help your child be more resilient in bullying situations.
- Teach your child how to be assertive without being passive or violent.
- Help your child make friends and encourage them to “buddy up”.

Signs That Your Child May Be Bullied

- Comes home with torn or disordered clothing (plus characteristics of victim).
- Has bruises, injuries with no explanation (plus characteristics of victim).
- Does not bring classmates home and does not spend time at peers’ homes.
- Seldom invited to parties.
- Appears afraid or reluctant to go to school, have poor appetite, repeated headaches or stomach aches.
- Chooses illogical route to school.
- Loses interest in school work.
- Appears unhappy, sad, depressed.
- Requests or steals extra money (to accommodate bullies).

Resources

www.stopbullyingnow.hrsa.gov

www.nobully.org

www.safeyouth.org

www.isafe.org

www.antibullying.net

www.teen-matters.com/bullying.html