

Bullying Fact Sheet

What is Bullying?

“Harassment, intimidation or bullying” means any gesture, any written, verbal or physical act, or any electronic communication, whether it be a single incident or a series of incidents, that is reasonably perceived as being motivated either by any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability, or by any other distinguishing characteristic, that takes place on school property, at any school-sponsored function, on a school bus, or off school grounds as provided for in section 16 of P.L. 2010, CHAPTER 122, that substantially disrupts or interferes with the orderly operation of the school or the rights of other students and that: a) a reasonable person should know, under the circumstances, will have the effect of physically or emotionally harming a student or damaging the student's property, or placing a student in reasonable fear of physical or emotional harm to his person or damage to his property; b) has the effect of insulting or demeaning any student or group of students; or c) creates a hostile educational environment for the student by interfering with a student’s education or by severely or pervasively causing physical or emotional harm to the student. [P.L. 2010, CHAPTER 122 “Anti-Bullying Bill of Rights Act of 2011”]

Bullying or Peer Conflict?

Bullying	Peer Conflict
Imbalance of power	Between friends
Intentional	Accidental, not planned
Seeking control or possession	Not for domination or control
No remorse – blames target	Often a sense of remorse
No effort to solve problem	May try to solve the problem

School Personnel

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Components of Bullying Behavior (Dan Olweus)

Aggressive behavior that involves unwanted, negative actions;
A pattern of behavior repeated over time; and
An imbalance of power or strength.

9 Types of Bullying Behavior (Dan Olweus)

1. Verbal bullying including derogatory comments and bad names;
2. Bullying through social exclusion or isolation;
3. Physical bullying such as hitting, kicking, shoving, and spitting;
4. Bullying through lies and false rumors;
5. Having money or other things taken or damaged by students who bully;
6. Being threatened or being forced to do things by students who bully;
7. Racial bullying;
8. Sexual Bullying; and
9. Cyber Bullying.

My Child is Being Bullied. What Can I Do? (www.stopbullying.gov)

Children often do not tell their parents that they are being bullied because they are embarrassed or frightened. If you suspect your child is being bullied or your child brings it up, consider these steps:

1. **Talk with your child.** Focus on your child. Express your concern and make it clear that you want to help.
2. **Empathize with your child.** Say bullying is wrong, that it is not their fault, and that you are glad they had the courage to tell you about it.
3. **Work together to find solutions.** Ask your child what they think can be done to help. Reassure them that the situation can be handled privately.
4. **Document ongoing bullying.** Work with your child to keep a record of all bullying incidents. If it involves cyber bullying, keep a record of all messages or postings.
5. **Help your child develop strategies and skills for handling bullying.** Provide suggestions for ways to respond to bullying, and help your child gain confidence by rehearsing their responses.
6. **Be persistent.** Bullying may not be resolved overnight.
7. **Stay vigilant to other possible problems that your child may be having.** Some of the warning signs may be signs of other serious problems. Share your concerns with a counselor at your child's school

My Child Might be Bullying Others. What Can I Do? (www.stopbullying.gov)

Although it is hard for most parents to hear about their child's negative behavior, parents of children who bully must work closely with the school to resolve the situation. Parents need to remember that children who bully are at high risk for engaging in risky or even criminal behaviors, and it is very important in a bullying situation for the parents to **act immediately**.

If you think that your child may be bullying others work with your child's school to address this issue and consider these steps:

1. **Talk with your child.** Ask for their account of the situation. Be objective and listen carefully. Calmly explain what your child is accused of and ask for an explanation of the incident and their role.

2. **Make it clear to your child that you take bullying seriously.** Calmly let them know that you will not tolerate this behavior. Help your child learn that bullying hurts everyone involved.
3. **Develop clear and consistent rules for your child's behavior.** Praise your child when they follow the rules. Decide on fair consequences and follow through if your child breaks the rules.
4. **Spend more time with your child.** Carefully supervise and monitor their activities, including when they are online or texting.
5. **Be aware of who your child's friends are.** Find out how they spend their free time.
6. **Build on your child's talents and positive attributes.** Encourage him or her to get involved in social activities.
7. **Work with your child's school to ensure the bullying does not happen again.** Ask the school to keep you informed. Develop strategies together to address bullying. Work together to send clear messages to your child that the bullying must stop.
8. **Talk with a school counselor or health professional.** They may be able to provide your child with additional help.

