

## **BULLYING REVISITED!**

*"All that is necessary for the triumph of evil is that good men do nothing" ...Edmund Burke*

### **WHAT TO KNOW!**

- ❖ Almost 160,000 children miss school each day in the U.S. for fear of being bullied and more than 50 suicides have been attributed to persistent bullying and humiliation
- ❖ In a Harvard interview, 96% of high school students report that they have been bullied at least once in their lives, 85% report witnessing bullying, 46% report refusal to attend activities where there are bullies
- ❖ One bullying event occurs every 7 minutes; peers help 11% and adults 4% of the time
- ❖ Bullying occurs when a person is repeatedly exposed over and over again to the negative actions of one or more people
- ❖ Bullying is intentional with the expressed goal of wanting to hurt a victim
- ❖ It is an abuse of power where the person who bullies has some advantage or power over the person being victimized
- ❖ The power of a bully may come not only from size and strength but also from social status such as popularity, from having greater academic or athletic skills, from being with a lot of kids in a group, and from just being cool
- ❖ Because of this power differential, it is very difficult for victims to stand up to the smarter, cooler, popular, bully who is surrounded by a group of friends
- ❖ Types of bullying include physical aggression, damaging possessions, teasing, name calling, making threats, public humiliation, spreading rumors, excluding from a group
- ❖ Other bullying includes taunts about race, sex, homophobia, low intelligence
- ❖ Cyberbullying includes using the internet, social media, email, blogs, or text messages to defame, embarrass, spread rumors, or reveal secrets to hurt a person
- ❖ Bullying not only includes the bully and the victim; most incidents are public and involve at least four peers who are witnesses, bully assistants, and victim defenders
- ❖ Results of bullying can be serious leading to low self esteem, loneliness, depression, anxiety, PTSD, susceptibility to illness, feelings of guilt and shame
- ❖ Bullying has a strong link to suicide and revenge school shootings
- ❖ Reasons why people bully include: they may have been bullied themselves, it makes them feel powerful and superior, they get attention and recognition from others, they may feel better by hurting someone else, they may be jealous of the victim

### **WHAT TO DO:**

- ❖ If your child is bullied, teach them to:
  - ❖ Try to ignore the bully and walk away
  - ❖ Not to accept the mindset of being a victim
  - ❖ Never to get physical with a bully, show anger, or trade insults
  - ❖ Use body language to assert a confident stance and make eye contact
  - ❖ Have verbal comebacks such as "Are you done yet" or "I don't care"?
  - ❖ Never to keep it to themselves and tell a trusted adult they are being bullied
  - ❖ Practice being confident and talk to others about it
  - ❖ Not isolate and to stick with their friends
- ❖ Contact their school and inform them how your child is bullied; request that all school personnel be asked to look out for and intervene when there is bullying
- ❖ Seek professional help if you or your child are suffering the effects of being bullied

### **WE CAN HELP!**

Call us at **954 755-2885** or email us at **DrKimmel@KimmelPsychology.com**

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