

# BULLYING

January 2013



Safe Schools  
Healthy Students

BRONCO - Building Resiliency Opportunities in the North County

## DID YOU KNOW...?

According to the 2011/2012 California Healthy Kids Survey:

- ⇒ **18.5 %** of LHS students and **12%** of LMS students admit to having physically abused another student in the past 30 days
- ⇒ **31%** of LHS students and **18%** of LMS students admit to having teased another student in the past 30 days
- ⇒ **32%** of LHS students and **20%** of LMS students would be *not at all* likely to tell a school staff member if they saw someone else being bullied or harassed at school



## WHAT IS IT?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.



## WARNING SIGNS

that a child is being bullied:

- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem



## TYPES OF BULLYING

- **CYBERBULLYING** includes mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.
- **VERBAL BULLYING** is saying or writing mean things including teasing, name-calling, inappropriate sexual comments, taunting, threatening to cause harm.
- **SOCIAL BULLYING** includes leaving someone out on purpose, telling other children not to be friends with someone, spreading rumors about someone, embarrassing someone in public.
- **PHYSICAL BULLYING** involves hurting a person's body, for example hitting/kicking/pinching, spitting, tripping/pushing, taking or breaking someone's things, making mean or rude hand gestures.

## RESOURCES

- ◆ Encourage kids to speak to a trusted adult/ school administrator if they are bullied or see others being bullied.
- ◆ For information regarding counseling services, contact:
  - ⇒ Long Valley Health Center (984-6131)
  - ⇒ Laytonville Healthy Start (984-8089)
  - ⇒ Teacher or principal
- ◆ If you think your child is in immediate danger, call 911.
- ◆ [www.stopbullying.gov](http://www.stopbullying.gov)

## WHAT CAN PARENTS DO?

- ⇒ **Help kids understand bullying.** Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- ⇒ **Keep the lines of communication open.** Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- ⇒ **Encourage kids to do what they love.** Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- ⇒ **Model how to treat others with kindness and respect.**

Source: [www.stopbullying.gov](http://www.stopbullying.gov)