

# How to Prevent Bullying

## Shatter the Myths of Bullying!

Myth #1: Bullying behavior can't be changed.

Reality: Bullying behavior can be changed by using a positive approach and awarding good behavior.

Myth #2: Bullies are from poor backgrounds with low self-esteem.

Reality: Bullies can be from any financial background. Research shows bullies usually have high self-esteem.

Myth #3: Bullies are all large males.

Reality: 1 out of 5 children admit to being a bully or doing some "bullying." Typically, boys are more physically aggressive while girls bully by teasing or ostracizing others.

Myth #4: Bullies are usually poor students.

Reality: Bullies are not always poor students and they do not always pick on the "good" students.

Myth #5: Most bullying happens on the way to and from school.

Reality: 43% of fear harassment occurs in the bathroom at school.

Myth #6: Standing up to bullies will stop the behavior.

Reality: Sometimes standing up to the bully or doing back to the bully what they have done is not a wise strategy, because it provokes the bully.

Myth #7: Telling an adult will only make the situation worse.

Reality: Bullying can best be stopped by the intervention of adults in authority

## Watch Out Online!

- Others might pretend to be someone they aren't and ask your child to meet them in chat rooms, on MySpace or Facebook, on IM or texts. Your children should tell you immediately if one of their online "friends" wants to meet them face-to-face. If they receive unwanted and nasty e-mails, texts, IMs or have something posted on a website making fun of them, they should tell a trusted adult immediately. Encourage everyone to keep telling about the behavior until someone listens.
- Explain they never should give out any identifying information. Encourage Student not to share places they frequent or their school's name or mascot. Any type personal information can be used to contact your child.



*Every seven minutes a child is bullied and 85% of the time no one is there to intervene.*

## 5 Tips for Parents to Prevent Bullying

1. Be consistent about rules and discipline. Involve your child in setting rules/consequences whenever possible. Explain what you expect and what the consequences will be for not following rules BEFORE they are enforced.
2. Use a positive approach to changing behavior by emphasizing good behavior rather than punishing bad behavior. Praise and affection can be the best rewards for children. Too many rewards, however, discourage development of internal values systems.
3. Accompany your children to supervised activities and watch how they get along with others. Teach your children non-aggressive ways to solve problems by discussing problems with them and asking them to consider what might happen if they use violence to solve problems.
4. Demonstrate values of respect, honesty and pride in your family and heritage with your actions. These are important sources of strength for children, especially when they are confronted with negative peer pressure.
5. Model involvement and service in your community for your children by volunteering in a variety of activities as an individual and as a family.



## What Is Bullying?

- Bullying happens when a person with greater power takes unfair advantage of someone less powerful. These negative actions are often repeated, becoming a pattern of behavior.
- Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural, social or ethnic power, level of intelligence, an ability, popularity, gender, etc.
- Bullying is the persistent abuse of someone who is weaker. The bully watches for opportunities to pick on the victim and the victim feels tormented and defenseless. There are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. However, research doesn't follow that ideology and anyone can become a victim of bullying.

*We exist in a world that quietly condones bullying behaviors and most of the time no one is there to intervene. You could say that everyone in the community suffers when bullying behavior occurs. Bullying is terrorism on a local level. Bullying will only be stopped by the intervention of adults in authority positions, such as educator and parents. Parents have the power to make a difference and reduce bullying behaviors.*

## Internet Resources About Bullying

For more information about bullies and their victims, check out the following websites. These websites offer valuable information including statistics, how to deal with bullying, how to recognize bullying behavior, and newsletters. This information can be useful for parents, children, educators, and community members.

**Bully B'ware Take Action**  
[www.bullybeware.com](http://www.bullybeware.com)

**The Stop Bullying Now Project**  
[www.stopbullyingnow.com](http://www.stopbullyingnow.com)

**Bullying.org: Where you are not alone**  
[www.bullying.org](http://www.bullying.org)

**Back Off Bully**  
[www.backoffbully.com](http://www.backoffbully.com)

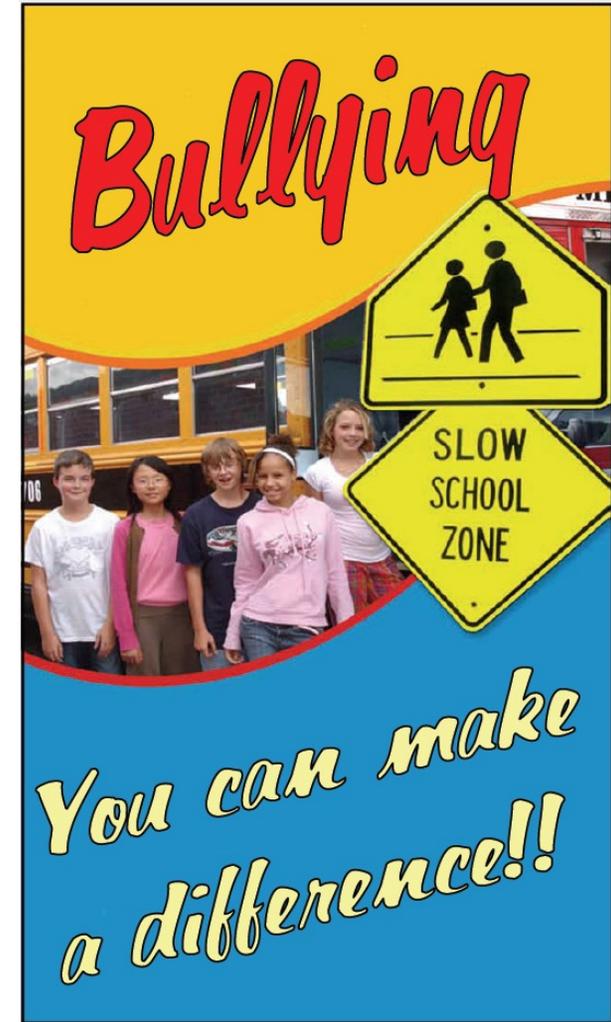
**Anti-Bullying Network**  
[www.antibullying.net](http://www.antibullying.net)

**Bullystoppers.com**  
[www.bullystoppers.com](http://www.bullystoppers.com)

**Peaceworks**  
[www.stopbullyingnow.net](http://www.stopbullyingnow.net)

**National Bullying Prevention Center**  
[www.pacer.org/bullying](http://www.pacer.org/bullying)

*One out of every four children is the victim of a bully.*



**Recognizing bullying behavior is the most important step!**  
**To prevent or change behavior, you must consistently reinforce positive behavior in the child.**