

# **Bullying**

Bullying is underhanded behavior. "Attacks can be physical, verbal, or psychological, and can take as little as 10 seconds to happen." Bullies come in all shapes and sizes.

## **Facts**

- Female bullies are more likely to use verbal and social methods.
- Bullies are more likely to have been abused themselves.
- Exclusion and gossip are indirect forms of bullying.
- Low self-esteem.

## **Signs of Victims**

- Missing possessions (money, clothing, etc.)
- Injuries
- Withdrawal/Depression
- Low self-esteem
- Disturbed sleep/nightmares

## **How to help**

- Listen
- Don't show anger or sadness. The child may feel like they are a disappointment.
- Validate the child's feelings.
- Reassure the child they are not to blame.
- Ask the child thoughtful questions.
- Don't get angry. Bullies want you to get upset. This doesn't solve the problem, but makes it worse.
- Don't get physical or become a bully too.
- Walk away and ignore the bully. Bullies thrive on the reaction of the victim. Sooner or later the bully will get bored with trying to get to the victim.
- Use humor. If you can't walk away, use humor to throw the bully off guard. DO NOT use humor to make fun of the bully. This will only make things worse.
- Tell an adult.
- Talk about it. This can be an outlet for fears and resentment that can build up inside the child.
- Play/be with other friends.

Important Reminder: Do NOT ignore bullying!