FACT SHEET

Test Your Knowledge About Bullying

Questions:

1. *True* or *False*? Teasing and bullying is just a rite of passage and is not meant to cause harm to the targets of bullying.

2. *True* or *False*? More than 160,000 students stay home from school each day from fear of being bullied.

3. *True* or *False*? Students are not effective in preventing bullying and adult intervention is necessary to stop all incidents of bullying behavior.

4. *True* or *False*? Punishing the bully is the most effective way to prevent future bullying incidents.

Answers:

1. **False**. Bullying represents an imbalance in power in which the perpetrator humiliates the target in order to increase his/her own power. Bullying directly affects a student's ability to learn. Students who are bullied find it difficult to concentrate, show a decline in grades, and lose self-confidence, self-esteem and self-worth.

2. **True**. Other statistics about the incidence of bullying include: 10% of children report having been the victims of severe bullying at least once during the school year, 75% report being bullied at least once during the past 10 months, 40-75% of bullying incidents in school take place during class breaks, in the lunchroom, bathroom, and hallways.

3. **False**. Students can be especially effective in bullying intervention. More than 55% of bullying situations will stop when a peer intervenes. Student education of how to address bullying for peers is critical, as is the support of adults.

4. **False**. Bullying is a community wide issue that must no longer be ignored. Students, parents, and educators all have a role in addressing bullying situations and changing school culture. Punishing the bully is not the answer. It may seem like the right thing to do but will not likely change the bully's behavior. No single approach to preventing or stopping bullying is recommended in all situations, but several options have been found to be effective. They include:

   - Implementing school-wide anti-bullying awareness programs that include all members of the school community, setting clear expectations, and acknowledging and rewarding positive behaviors and acceptance of diversity in ways that are visible and recognized

   - Offering social skills training and other such interventions for students who are likely to be perpetrators or targets of bullying

   - Creating safe and confidential ways for students to report bullying

   - Conducting parent awareness and training programs that link to school policies and practices regarding reporting bullying and resolving conflicts in ways that minimize stigma to the children involved

   - Improving vigilance by school faculty and student leaders (especially in often unsupervised areas) so that bullying behaviors are recognized and stopped

References: Bullying: What's a Parent to Do? Parent Toolkit, National Center for Learning Disabilities; www.ncld.org; http://www.pacer.org/bullying/nbpm/spreadtheword/key-messages.asp