

Test Your Knowledge About Bullying

1. **True or False?** Teasing and bullying are just a natural part of childhood and are not meant to cause harm to the targets of bullying.

False. Bullying is often considered a natural part of childhood because it is such a common experience. Yet the fact that something is common does not mean it should remain common. Physical or emotional aggression toward others should not be considered as a normal part of childhood. Bullying represents an imbalance in power in which the perpetrator humiliates the target in order to increase his/her own power.

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

True. Other statistics about the incidence of bullying include: 1 out of every 5 children report having been the target of bullying each school year and over 40% of students report having been bullied while online. The most commonly reported type of bullying is verbal harassment (79%), followed by social harassment (50%), physical bullying (29%), and cyberbullying (25%).

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

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. **True or False?** When reporting bullying, students with disabilities were told not to tattle almost twice as often as their non-disabled peers.

True. Approximately 40% of students in special education report being told not to tattle when reporting a bullying incident versus approximately 20% of students without a disability.

5. **True or False?** Bullying only affects the target of the incident.

False. Students do not need to be the target of bullying to experience negative outcomes. Observing bullying is associated with adverse mental health outcomes.





Resources for Families

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Partners Resource Network

 Offices in Lubbock, Houston, Austin, El Paso, and Dallas/Fort Worth

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6. True or False? Cyberbullying is less harmful because it doesn't happen face-to-face.

False. Cyberbullying can be hurtful because it's public, it spreads quickly, and it's 24/7. Imagine posting a photo of yourself online. Someone else makes a mean, mocking comment about it. Soon, that photo has been shared, liked, reposted – even made into a meme. Thousands of people have seen it, even people you don't know.

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

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.

For more information on bullying and what you and your child's school can do to prevent it, visit PACER's National Bullying Prevention Center at <https://www.pacer.org/bullying/>.



The contents of this publication were developed under a grant from the U.S. Department of Education, #H328M200041, #H328M200042, #H328M200043, #H328M200044. However, those contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal Government.