

What bullying is not

- single episodes of social rejection or dislike
- single episode acts of nastiness or spite
- random acts of aggression or intimidation
- mutual arguments, disagreements or fights.

ASK QUESTION, HAVE YOU EVER BULLIED SOMEONE?

USE PEER PRESSURE EXAMPLE

The definition of bullying is when an individual or a group of people with more power, repeatedly and intentionally cause hurt or harm to another person or group of people who feel helpless to respond. Bullying can continue over time, is often hidden from adults, and will probably continue if no action is taken.

While the bullying definition is broad and can occur in a variety of environments it usually is a relationship problem and requires relationship-based solutions. These are best solved in the social environment in which they occur: in a child or young person's life, this is most often the school.

NATIONAL STATISTICS

- **BEEN BULLIED**
28% of U.S. students in grades 6–12 experienced bullying.⁹
20% of U.S. students in grades 9–12 experienced bullying.¹⁰
- **BULLIED OTHERS**
Approximately 30% of young people admit to bullying others in surveys.¹¹
- **SEEN BULLYING**
70.6% of young people say they have seen bullying in their schools.¹²
70.4% of school staff have seen bullying. 62% witnessed bullying two or more times in the last month and 41% witness bullying once a week or more.¹³
When bystanders intervene, bullying stops within 10 seconds 57% of the time.¹⁴
- **BEEN CYBERBULLIED**
6% of students in grades 6–12 experienced cyberbullying.¹⁵
16% of high school students (grades 9–12) were electronically bullied in the past year.¹⁶
However, 55.2% of LGBT students experienced cyberbullying.¹⁷

10 CAUSES OF BULLYING: Why people bully

- Feeling Powerless in Their Own Lives
- Someone Else is Bullying Them
- Bullies are often jealous of or frustrated with the person they are bullying
- Lack of Understanding or Empathy
- Looking for Attention
- Bullies come from dysfunctional families
- Bullies need to be in control
- Bullying behavior gets rewarded
- Bullies don't care how others feel
- Bullies can't regulate their emotions

TYPES OF BULLYING

Physical: Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short term and long term damage.

Verbal: Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. While verbal bullying can start off harmless, it can escalate to levels which start affecting the individual target.

Social: Social bullying, sometimes referred to as covert bullying, is often harder to recognize and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Social bullying includes:

- lying and spreading rumors
- negative facial or physical gestures, menacing or contemptuous looks
- playing nasty jokes to embarrass and humiliate
- mimicking unkindly
- encouraging others to socially exclude someone
- damaging someone's social reputation or social acceptance.

Cyber: Cyber bullying can be overt or covert bullying behaviors using digital technologies, including hardware such as computers and smartphones, and software such as social media, instant messaging, texts, websites and other online platforms.

Cyber bullying can happen at any time. It can be in public or in private and sometimes only known to the target and the person bullying. Cyber bullying can include:

- Abusive or hurtful texts emails or posts, images or videos
- Deliberately excluding others online
- Nasty gossip or rumours
- Imitating others online or using their log-in

SIGNS OF BULLYING

Emotional and behavioural signs of bullying

- Changes in sleep patterns
- Changes in eating patterns
- Frequent tears or anger
- Mood swings
- Feels ill in the morning
- Becomes withdrawn or starts stammering
- Becomes aggressive and unreasonable
- Refuses to talk about what is wrong
- Begins to target siblings
- Continually 'loses' money or starts stealing.

Physical signs of bullying

- Has unexplained bruises, cuts, scratches
- Comes home with missing or damaged belongings or clothes
- Comes home hungry.