Teaching Tolerance developed the following bully survey. As a parent or educator, you might ask your child/classroom these questions and see what they say:

1. Has anyone ever called you a name?
2. Has anyone ever told you that you can’t be friends?
3. Has anyone ever hit, kicked or pushed you?
4. Has anyone ever threatened you?
5. Was someone mean to you because of how you look?
6. Did you tell anyone about any of these incidents? Why or why not?
7. Have you ever seen someone else being bullied?
8. Have you ever called someone else a name, hit, kicked, pushed, threatened or been mean to someone?

What is Bullying?

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as: making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Even with a growing awareness of bullying, today over 25% of U.S. students say that they have been bullied at school.

ACTS OF KINDNESS

The more you can teach your child/students acts of kindness, the less bullying behavior and meanness you will see. Elementary school students write acts of kindness notes they did for others.

STUDENTS

The more students understand bullying, the more they will be able to deal with it. It’s important that students understand the various types of bullying: social, physical, verbal, cyber and bystander bullying. Help them develop approaches to each of these types of bullying.

One of the best approaches in reacting to bullying for a child or adult is the following:

- STOP & BREATHE
- PAUSE & THINK
- SMILE & RESPOND

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SHARE & CARE
Our schools were created as a place for children to come together to receive a wonderful education, along with learning important social skills. Schools were not put in place for students to bully and harass one another and to put fear and panic into their fellow classmates, causing them to be afraid to attend school on a daily basis. The children who are being bullied or who are bullying others may have serious, lasting problems.

FACTS ABOUT BULLYING (Continued)

A CLOSER LOOK: BULLYING AND CYBERBULLYING*

WHAT CAN WE DO?

EDUCATORS:

• As an elementary school teacher, your role is extremely important. It’s crucial to help your students understand what bullying is, and if they are bullied, what they can do in response. Create a sense of openness so that your students feel comfortable to talk to you about bullying. Check in with them often about bullying because this sends a message that it is OK to talk to you about bullying. Discuss how to stand up to a bully and talk about strategies for your students to stay safe. Encourage them to find an adult they can talk to about their bullying experience, and suggest strategies for using humor and practicing saying “no.” Demonstrate the importance of kindness versus meanness.

• For secondary educators, create a trusting environment so that students will seek you out if they experience or observe bullying. This age group tends to keep much more to themselves. Secondary students can step in and help others that are being bullied, and they can befriend them. Additionally, they can research information on bullying online, which will help to empower them and make them feel safe. Have them create a project around bullying. These are both positive educational methods for them to learn more about the bullying process.

PARENTS:

• You are your child’s role model throughout their lifespan (birth through adulthood). How you talk to your child, your spouse and your parents are all learning experiences for your child. Your tone of voice and the words you use send a message and model how to relate to others.

• Talk to your child for a few minutes daily when they are young. Have conversations about life and feelings. Ask questions about good things and upsetting things that happened during the day. This lets your child know that they can come to you about their problems. Discuss and define bullying with your child. Describe what kids are like that bully. Help them have a plan of action should they be bullied or observe someone else being bullied. If you were bullied as a child or teenager, share that with them and how it made you feel. You’d be surprised how your child will relate to you sharing such an experience.

What can you as educators and parents do to help your school deal with this critical issue?

EDUCATORS:

A CLOSER LOOK: BULLYING AND CYBERBULLYING*

% OF U.S. STUDENTS THAT EXPERIENCED BULLYING

% OF U.S. STUDENTS THAT EXPERIENCED CYBERBULLYING

28% 20%

20-30% 15%

70.6% 55.2%

30% 9%

of young people say they have seen bullying in their schools.
of LGBTQ students experienced bullying.
of young people admitted to bullying others.
of bullied students notify adults about the bullying.


### Percentages

- % of U.S. Students that Experienced Bullying
  - Grades 6-12: 28%
  - Grades 9-12: 20%

- % of U.S. Students that Experienced Cyberbullying
  - Grades 6-12: 15%
  - Grades 9-12: 9%

- 70.6% of young people say they have seen bullying in their schools.
- 55.2% of LGBTQ students experienced bullying.
- 30% of young people admitted to bullying others.
- 20-30% of bullied students notify adults about the bullying.

### Quotes

- "The classroom presentation was helpful for students to identify and name feelings. Also, to connect feelings to certain actions, such as bullying." — Elementary School Teacher

- "My daughter is a completely different girl. Now she easily makes friends, when before it was painful." — Parent of Middle School Student

For information about our school-based art therapy program, call 310-423-3506 or email shareandcare@cshs.org