

What is Bullying?

Bullying happens when a person with greater power takes unfair advantage of someone less powerful. These negative actions are often repeated, becoming a pattern of behavior.

Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural, social or ethnic power, level of intelligence, an ability, popularity, gender, etc.

Bullying is the persistent abuse of someone who is weaker. The bully watches for opportunities to pick on the victim and the victim feels tormented and defenseless.

There are certain individuals who are most often targeted for bullying. Traditionally, we have thought of these victims as the passive type. However, research doesn't follow that ideology and anyone can become a victim of bullying or a bully. Every seven minutes a child is bullied & 85% of the time no one is there to intervene.

In a way, you could say that everyone in the community suffers when bullying behavior occurs.

Internet Resources about bullying for Parents

For more information about bullies and their victims, check out the following websites. These websites offer valuable information that can be useful for parents, children, educators or any community member, including statistics, how to deal with bullying, how to recognize bullying behavior, newsletter, etc.

The Kentucky Center for School Safety
www.kysafeschools.org

The Colorado Anti-Bullying Project
www.no-bully.com

Bully B'ware Take Action
www.bullybeware.com

The Stop Bullying Now Project
www.stopbullyingnow.com

Bullying.org Where you are not alone
www.bullying.org

Back Off Bully
www.backoffbully.com

Anti-Bullying Network
www.antibullying.net

Peer Abuse Know More
www.peerabuse.info

For more information about school safety issues, contact the Kentucky Center for School Safety Clearinghouse:

Toll Free (877) 805-4277
(859) 257-9105
Visit our website at
www.kycss.org



Parents Can Make a Difference



One out of every four children
is the victim of a bully.

What you can do to prevent bullying behavior...

Shatter the Myths of Bullying

Myth #1: Bullying behavior can't be changed... Yes, it can by using a positive approach to change behavior by awarding good behavior in children.

Myth #2: Bullies are from poor backgrounds with low self-esteem... No, bullies can be from any financial background and research shows they usually have high self-esteem.

Myth #3: Bullies are all large males... Actually, 1 out of 5 children admit to being a bully or doing some "bullying." Typically, boys are more aggressive physically while girls bully by teasing or ostracizing.

Myth #4: Bullies are usually poor students... Bullies are not always poor students and they do not always pick on the "good" students.

Myth #5: Most bullying happens on the way to and from school... 43% of fear harassment occurs in the bathroom at school.

Myth #6: Standing up to bullies will stop the behavior... Sometimes standing up to the bully or doing back to the bully what the bully has done is not a wise strategy because it provokes the bully.

Myth #7: Telling an adult will only make the situation worse... Bullying can best be stopped by the intervention of adults in authority.

We exist in a world that quietly condones bullying behaviors and most of the time no one is there to intervene. You could say that everyone in the community suffers when bullying behavior occurs. Bullying is terrorism on a local level.

Bullying will only be stopped by the intervention of adults in authority positions, such as educators and parents. Parents have the power to make a difference and reduce bullying behaviors, and the Kentucky Center for School Safety wants to help you do just that.



5 Tips to Prevent Bullying

1. Be consistent about rules and discipline, and involve them in setting rules/consequences whenever possible. Explain to children what you expect and what the consequences will be for not following rules BEFORE they are enforced.
2. Use a positive approach to changing behavior by emphasizing good behavior rather than punishing bad behavior. Praise and affection can be the best rewards for children. Too many rewards, however, discourage development of internal values systems.
3. Accompany your children to supervised activities and watch how they get along with others. Teach your children nonaggressive ways to solve problems by discussing problems with them and asking them to consider what might happen if they use violence to solve problems.
4. Demonstrate values of respect, honesty and pride in your family and heritage with your actions. These are important sources of strength for children, especially when they are confronted with negative peer pressure.
5. Model involvement and service in your community for your children by volunteering in a variety of activities as an individual and as a family.

Bullying behavior can be changed.

Recognizing bullying behavior is the most important step.

To prevent or change behavior, you must consistently reinforce positive behavior in the child.

Kentucky Center for School Safety
For more information about school safety issues, such as bullying, drop-out/truancy prevention, mentoring, alternative education, etc. please contact the KCSS.

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