

Bullying can happen at school, at home or online.

Who is the typical bullying victim?

Anyone can be bullied. However, children who are socially different, have lower peer acceptance or are perceived as weaker are more likely to get bullied. Although nowadays, kids feel more open about speaking out, not everybody is willing to do that.

The 3 main features of bullying are:

- ☞ The misuse of power in a relationship.
- ☞ It is ongoing and repeated.
- ☞ It involves behavior that can cause harm.

Four Types of bullying behavior

- ☞ **Physical - examples:** hitting, pushing, shoving, intimidating, or otherwise physically hurting another person, and damaging or stealing their belongings. It includes threats of violence.
- ☞ **Verbal/written - examples:** name-calling or insulting someone about an attribute, quality, or personal characteristic.
- ☞ **Social (sometimes called relational or emotional bullying) examples:** deliberately excluding someone, spreading rumors, sharing information that will have a harmful effect on the other person and/or damaging a person's social reputation or social acceptance.
- ☞ **Cyberbullying** - any form of bullying behavior that occurs online or via a mobile device. It can be verbal or written, and can include threats of violence as well as images, videos, and/or audio.



Effects.

- ☞ Bullying can lead to low self-esteem, health problems, poor grades, and even suicidal thoughts.
- ☞ Kids fear retaliation for saying or doing anything.

What do bullied children need?

- ☞ They need support from both adults and peers.
- ☞ They need to be able to talk about their experiences and feelings.
- ☞ They are looking for a sense of belonging and being safe, as well as support in not blaming themselves for the bullying.
- ☞ They want to know that there are consequences for the bullies.

Know your rights!

- ☞ your right to be free from mental, emotional ,and physical violence.
- ☞ your right to education.
- ☞ your right to a safe work environment.



What can schools do about bullying?

It can be a good idea for schools to create an antibullying provision in their social-psychological curriculum, in which students sign off on the discipline code of ethics as an enforceable offense. Schools should have zero tolerance for bullying: If you bully anyone, we will suspend you, and if you're caught again, you can be expelled.

What can parents do to stop bullying?

- ☞ You can help your child by remaining calm and supportive and reassuring them that they are in no way to blame for the victimization.
- ☞ Keep an open dialogue with your child.
- ☞ Be vigilant and pay attention to changes in your child's personality.
- ☞ If you need to go to the school, do so anonymously and make sure the child is not harmed in any way.
- ☞ Teach your children safety strategies, such as walking away, going to a teacher, coach or other safe adult, or finding a safe public place.
- ☞ Nurture your child's self-esteem and encourage them to report bullying to you, teachers, coaches, or school administrators.
- ☞ Report incidents of bullying to the school administration so that the school can act and conduct a proper investigation.
- ☞ Be firm, stress that bullying is never okay and set limits on aggressive behavior.
- ☞ Remember to act as a role model and use nonphysical discipline.

Sources:

- <https://www.education.vic.gov.au/about/programs/bullystoppers/Pages/what.aspx>
- <https://humanrights.gov.au/our-work/commission-general/what-bullying-violence-harassment-and-bullying-fact-sheet>
- <https://www.bullying.co.uk/general-advice/what-is-bullying/>
- <https://bullyingsinfronteras.blogspot.com/2017/03/bullying-mexico-estadisticas-2017.html>
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/does-going-back-to-school-mean-going-back-to-bullying>

