

SOME STATISTICS

- The 2008–2009 [School Crime Supplement](#) (National Center for Education Statistics and Bureau of Justice Statistics) indicates that, nationwide, 28% of students in grades 6–12 experienced bullying.
- Over half, about 56%, of all students have witnessed a bullying incident take place while at school.⁽¹⁾
- Over 80% of teens use a cell phone regularly, making it the most popular form of technology and a common medium for cyberbullying.⁽²⁾
- Bullying is not always one-on-one. More than 60% of victims say they're usually bullied by more than one kid.⁽³⁾
- 43% of teens have been victims of cyberbullying in the last year.⁽⁴⁾ 75% of teens know who is cyberbullying them.
- 58% of teens do not think cyberbullying is a big deal.⁽⁴⁾ It is.

⁽¹⁾ Cyberbullyingstatistics.org, 2010

⁽²⁾ Cyberbullying Research Center

⁽³⁾ Olweus Bullying Prevention Program

⁽⁴⁾ NCPC Teens & Cyberbullying Research, 2007

SIGNS A CHILD IS BEING BULLIED

Look for changes in your child. Not all children who are bullied exhibit warning signs.

Some signs that may point to a bullying problem are:

- Unexplainable injuries
- Lost/destroyed clothing, books, electronics, etc.
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits (suddenly skipping meals or binge eating)
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self-esteem

Don't ignore the problem. Get help right away.



SIGNS A CHILD IS BULLYING OTHERS

Kids may be bullying others if they:

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive & worry about their reputation or popularity

Bullying Prevention & Intervention Workshop

January 17, 2013

Cesar Chavez Elementary School
Davis Joint Unified School District



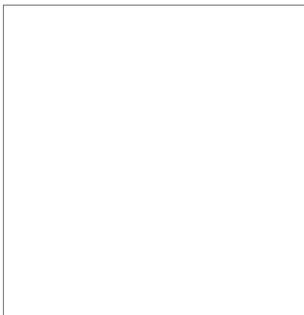
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WHO'S AT RISK?

Generally, children who are bullied have one or more of the following risk factors:

- Are perceived as different from their peers, such as being overweight or underweight, being new to the school, wearing different clothing, or being unable to afford what kids consider “cool”
- Are perceived as weak, sensitive or unable to defend themselves
- Are depressed, anxious, or have low self-esteem
- Are less popular than others and have few or no friends
- Do not get along well with others, seen as annoying or provoking, or antagonize others for attention

However, even if a child has these risk factors, it doesn't mean that they will be bullied.



LET'S TALK

Children look to parents for advice & help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids they can talk to their parents if they have a problem. Start conversations about daily life & feelings with questions like:

- What was one good thing that happened today? Any bad things?
- What is lunchtime like at school? Who do you sit with? What do you talk about?
- What is it like to ride the school bus?
- What are you good at? What do you like best about yourself? What could you help others with?

Talk about bullying directly with your kids to understand how it might be affecting them. Encourage kids to answer honestly. Assure them that they're not alone in addressing any problems that arise. Start conversations about bullying with questions like:

- What does 'bullying' mean to you?
- Describe what kids who bully are like. Why do you think people bully?
- Who are the adults you trust most when it comes to things like bullying?
- Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?
- What do you think parents can do to help stop bullying?
- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- What do you usually do when you see bullying going on?
- Do you ever see kids at school being bullied by other kids? How does it make you feel?
- Have you ever tried to help someone who is being bullied? What happened? What would you do if it happened again?

WHY DON'T KIDS ASK FOR HELP?

Statistics⁽¹⁾ show that an adult is notified in only about a third of bullying cases. Kids don't tell adults for many reasons:

- Bullying can make a child feel helpless. Kids may want to handle it on their own to feel in control again. They may fear being seen as weak or a tattletale/snitch.
- Kids may fear backlash from the kid who bullied them.
- Bullying can be a humiliating experience. Kids may not want adults to know what is being said about them, whether true or false. They may also fear that adults will judge them or punish them for being weak.
- Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- Kids may fear being rejected by their peers. Friends can help protect kids from bullying, and kids can fear losing this support.

⁽¹⁾ 2008-2009 School Crime Supplement, US Dept. of Education, August 2011.