

Bullying / Cyber Bullying Resource Guide

What you need to know

- Nearly **1 in 5** students report being bullied during the school year
- Approximately **1 in 3** students report experiencing cyberbullying during their lifetime
- Approximately **160,000** teens skip school every day because of bullying
- Students who experienced bullying or cyberbullying are nearly **2 times** more likely to attempt suicide
- Suicide ideation and attempts among adolescents have nearly **doubled** since 2008, making suicide the 2nd leading cause of death for individuals 10-34 years of age. The smartphone was first launched in July 2007.

What is the difference between teasing and bullying?

- **INTENT.** Intent is the difference. Someone teasing you doesn't have the intent to hurt you, and if they found out that they did hurt you, they would most likely apologize and stop. Someone who is bullying you has a goal of hurting you.
- Teasing is:
 - Kidding around
 - Not meaning to hurt feelings
 - Apologizes if hurts feelings
 - Happens between friends
- Bullying is:
 - Intent to hurt the other person emotionally or physically
 - Will do it repeatedly
 - Often enhances an imbalance of power (more popular, older or other)

The signs a child might be a victim of bullying

Often kids won't admit they are being bullied at school. If your child or student exhibits some or many of these, you may want to look deeper at what might be going on:

- Changes in appetite
- Feeling "sick" often and wanting to skip school
- Unexplained cuts or bruises with unclear explanations
- Sad, moody or depressed when they come home from school
- Has new friends, or has lost friends

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What it might sound like:

“I didn’t eat lunch. I wasn’t hungry.”

“I don’t want to go to school. I don’t feel good. My stomach hurts.”

“I don’t know how I got that bruise. I must have fallen at the gym.”

“I don’t want to talk about it.”

“Nobody gets me. It’s whatever.”

What to do if a child reports bullying to you?

- Listen. Be present.
- Don’t blame them.
- Contact the school principal and teachers
- Stay in touch and make sure that corrective action remains in effect.
- Ask to meet parents of bully
- Monitor for changes in mood/appetite
- Plan for healthy play dates/time with friends
- Spend time with your kids alone and remind them that you have their backs
- Seek professional help for your kids, if needed
- Limit screen time on phones and devices.
- You may want to consider an app to monitor your children’s activity: [Apps for parents](#)

What you should avoid doing?

- You might be inclined to dismiss what you hear. Don’t. Stop and listen and be present.
- You might want to demand they tell you what’s going on. Don’t. Be patient, be understanding.

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What our plays and discussions teach your kids

- The difference between teasing and bullying
- How to define and identify the different types of bullying
- How to develop skills in empathy and identification with the target
- How to report bullying and when
- How to be a responsible bystander: the 4 D's
- The real consequences of cyber bullying
- How to have a responsible digital footprint
- Discuss resources in the community to help prevent and stop bullying

Additional Resources & Sources

- <http://www.Stopbullying.gov>
- <http://www.AACAP.org>
- <http://www.Crisistextline.org> (or text: 741741)
- <http://www.StompOutBullying.org>

Apps may help parents and kids: [Apps for parents](#)

1. <https://loveisrespect.org/resources/dating-violence-statistics/>
2. <https://loveisrespect.org/for-someone-esle/help-my-child/>
3. <https://stopbullying.gov/media/facts/index.html#stats>
4. <https://stompoutbullying.org/get-help/parents-page/tip-sheet-your-child-being-bullied>

