



Frequently Asked Questions About Bullying

For Students

What is Bullying?

Bullying is defined as harassing behavior; repeated and unprovoked negative actions by one or more students upon another.

Is bullying just 'hitting, kicking, or making threats'?

No. There are several types of bullying. One type that may be known as the most common type is **Physical Bullying**. **Physical bullying is harm to another's body or property**. Examples of **Physical Bullying** include: hitting, pushing, tripping, stealing, assaulting, damaging property, and making threatening gestures (just to name a few).

Another form of bullying is **Verbal/Emotional Bullying**. We define **Verbal/Emotional Bullying as harming another's self-worth/self-esteem; verbal abuse**. Some examples of **Verbal/Emotional Bullying** are insulting, name-calling, belittling, blackmailing, etc.

The third type of bullying is known as **Social Bullying**. **Social bullying is defined as harming another's group acceptance or excluding others**. This form can be carried out by gossiping/spreading rumors, threatening group exclusion, and/or insulting based on gender, ethnicity, or physical appearance.

The newest form of bullying is known as **Cyberbullying**. **Cyberbullying is defined as bullying/harassing others through the use of electronic devices such as phones or the Internet**. **Cyberbullying can include hacking computers, sending viruses, sending threats through text messaging, emails, or instant messaging**.

Other forms of bullying can include hazing, gang activity, and sexual harassment.

Are boys only bullies?

NO! Girls are bullies as well. However, boys mostly bully directly (physical bullying) and girls bully mostly indirectly (verbal/emotional and social bullying)

I am being bullied...what can I do?

There are several **positive** things you can do to handle bullying. Here are some ways.

- Ignore the Bully
- Walk Away Proudly
- Walk Towards Friends
- Stick With Friends
- Use Humor
- Stay Calm
- Turn Insults into Compliments
- Stand Up for Yourself (with a firm voice, looking the bully in the eye)
- TELL A TRUSTING ADULT...ALWAYS!!!

Also, there are some things you can do to prevent being bullied. Here are some ways.

- Be Confident
 - Walk Around With Your Head Held High
- Note: Bullies bully those who appear weak or scared**

Keep in mind that the techniques may not work all of the time. You might have to use more than one technique at a time, but use the methods you feel comfortable with. But remember, always stay calm, always be confident, and ALWAYS TELL A TRUSTING ADULT.

What should I do if I told an adult that I was being bullied, but the adult didn't do anything?

GOT TELL ANOTHER ADULT!! Please do not let one adult discourage you from letting it be known that you are being bullied. Always tell a trusting adult...one that can and will handle the situation. Talk with your parents and let them know what is going on in school. Talk with your school counselor, a teacher, and/or the principals. BEING BULLIED IS NOT NORMAL AND YOU SHOULD NOT HAVE TO DEAL WITH IT ALONE.

Sometimes I feel so alone. Who can I talk to when I get depressed?

There is a 24-hour hotline right here in Pitt County for youth to discuss any concerns or issues you may be faced with. The number is 758-1976, and it is run through the REAL Crisis Center of Pitt County.

For Parents

How can I know if my child is being bullied if he/she doesn't tell me?

There are some warning signs that might be able to warn you if your child is being bullied, or has a higher risk of becoming a target or victim of bullying. Some of the signs include:

- Low self-esteem or loss of self-pride
- Withdrawal from family, friends, etc.
- Diminished interest in school or even a drop in grades
- Depression
- Desire to skip school
- Is often "sick" (maybe on certain days)
- Frequently loses money or belongings
- Unexpected mood swings
- Suspicious bruises or scratches

I am not sure if my child is a bully or not...how can I tell?

There are also warning signs that may be able to warn you if your child is a bully, or could potentially become a bully. Some of those warning signs include:

- Likes to dominate and/or manipulate peers
- Loves to win at everything, hates to lose
- Equates respect with fear
- Never accepts responsibility for his/her actions
- Is quick to attack (before he/she is attacked)
- Lacks positive social skills
- Mainly interested with his/her own pleasure and well being
- Has a close network of friends who go along with whatever he or she wants to do

What can I do if my child is being bullied at school?

Please contact your child's teacher and inform him/her of what you learned. Talk with him/her on the best way of handling the situation to benefit your child. The last thing you would want is for the bully to retaliate.

Other than telling the school administration, what else can I do to help my child?

Open up the lines of communication. When learning about the bullying, try to stay calm if possible and listen to what he/she is saying. Reassure your child and explain to them that it is not their fault. Also, share with your child your own personal experiences with bullying if you were bullied as a child (what happened, how it made you feel, how you handled it, etc.).

And keep in mind that praise and encouragement can greatly increase your child's self-esteem.

Also check out these sites on bullying:

www.stopbullyingnow.hrsa.gov

www.cyberbully.org

www.bullypolice.org

www.kidshealth.com

www.beatbullying.org

www.safeyouth.org/scripts/topics/bullying.asp



If you would like further information or to schedule a presentation on bullying, please contact:
Maggie Crandall • 758-0268 ext. 11 or Desha Lane • 902-2776

“Partnering to address bullying in Pitt County Schools”