

*At Glenview Elementary we take bullying behaviors very seriously. Please take the time to read and discuss this serious issue with your child / children. Please also refer to the Parent/Guardian Handbook for discipline procedures regarding bullying.*

### What Is The Definition of Bullying?

Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending himself or herself. Usually, bullying happens over and over. Bullying is:

- **Punching, shoving, and other acts that hurt people physically**
- Spreading bad rumors about people
- **Keeping certain people out of a "group"**
- Racial bullying
- Teasing people in a mean way
- **Getting certain people to "gang up" on others**
- Being threatened or being forced to do things by students who bully
- **Having money or other things taken or damaged by students who bully**
- Sexual bullying

Bullying also can happen online or electronically. Cyberbullying is when children or teens bully each other using the Internet, mobile phones or other cyber technology. This can include:

- **Sending mean text, email, or instant messages**
- Posting nasty pictures or messages about others in blogs or on Web sites
- **Using someone else's user name to spread rumors or lies about someone**

### In General:

1. Bullying is aggressive behavior that involves unwanted, negative actions.
2. Bullying involves a pattern of behavior repeated over time.
3. Bullying involves an imbalance of power or strength

### Why Do Kids Bully?

There are all kinds of reasons why young people bully others, either occasionally or often. Do any of these sound familiar?

- Students who bully have strong needs for power and (negative) dominance
- **Students who bully find satisfaction in causing injury and suffering to other students**
- Students who bully are often rewarded in some way for their behavior with material or psychological rewards.
- **Because they see others doing it**
- Because it's what you do if you want to hang out with the right crowd
- **Because it makes them feel, stronger, smarter, or better than the person their bullying**
- Because it's one of the best ways to keep others from bullying them

### Impact of Bullying

A single student who bullies can have a wide-ranging impact on the students they bully, students who observe bullying, and the overall climate of the school and community.

**Students Who are Bullied:** When students experience bullying, these types of effects can last long into their future:

- Depression
- Low self-esteem
- Health problems

W  
E  
L  
C  
O  
M  
E  
  
2  
  
C  
O  
U  
N  
S  
E  
L  
O  
R  
S  
  
C  
O  
R  
N  
E  
R  
!

- Poor grades
- Suicidal thoughts

**Students Who Bully Others:** Students who intentionally bully others should be held accountable for their actions. Those who bully their peers are also more likely than those students who do not bully others to \*:

- Get into frequent fights
- Steal and vandalize property
- Drink alcohol and smoke
- Report poor grades
- Perceive a negative climate at school
- Carry a weapon

\* Not all students who bully others have obvious behavior problems or are engaged in rule-breaking activities, however. Some of them are highly skilled socially and good at ingratiating themselves with their teacher and other adults. This is true of some boys who bully but is perhaps even more common among bullying girls. For this reason it is often difficult for adults to discover or even imagine that these students engage in bullying behavior.

**Observers of Bullying:** Students who see bullying happen also may feel that they are in an unsafe environment. Effects may include feeling:

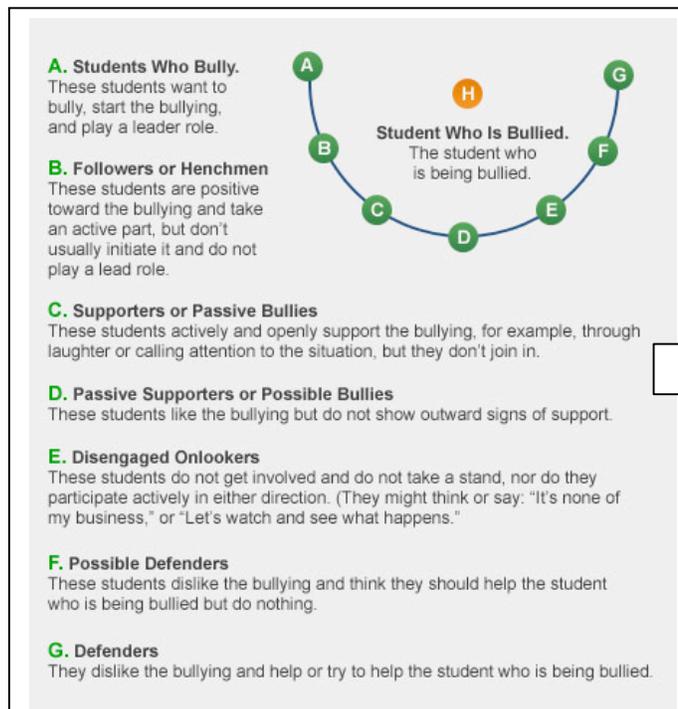
- Fearful
- Powerless to act
- Guilty for not acting
- Tempted to participate

**Schools with Bullying Issues:** When bullying continues and a school does not take action, the entire school climate can be affected in the following ways:

- The school develops an environment of fear and disrespect
- Students have difficulty learning
- Students feel insecure
- Students dislike school
- Students perceive that teachers and staff have little control and don't care about them

### The Bullying Circle

Nearly one in five students in an average classroom is experiencing bullying in some way. The rest of the students, called bystanders, are also affected by the bullying. The Olweus Bullying Prevention Program describes students involved or witnessing a bullying situation as having roles in the Bullying Circle:



**Please take the time to discuss bullying behaviors with your children. Some kids can't be called bullies, but may engage in bullying behavior -the best intervention is done early on: the next newsletter will cover Anti-bullying responses. Thanks!**