

## **Bullying Statistics & Strategies**

### **Ten Bullying Myths:**

1. Bullying is the Same Thing as Conflict
2. Most Bullying is Physical (Involves Hitting, Shoving, Kicking)
3. Bullying isn't Serious. It's Just a Matter of "Kids Being Kids"
4. Bullying Doesn't Happen at My Child's School
5. Bullying is Mostly a Problem in Urban Schools
6. Bullying is More Likely to Happen on the Bus than at School
7. Children and Youth Who Are Bullied Will Almost Always Tell an Adult
8. Children and Youth Who Bully are Mostly Loners with Few Social Skills
9. Bullied Kids Need to Learn How to Deal with Bullying on Their Own
10. Most Children and Youth Who Observe Bullying Don't Want to Get Involved

Source: [www.stopbullying.gov](http://www.stopbullying.gov)

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### **Five Essential Bullying Statistics Every Parent Should Know:**

#### **1. Nearly 1 in 3 students is involved in bullying**

It's estimated that nearly 30% — or 5.7 million children — are involved in bullying, as victims, perpetrators, or both. Studies have found that 15 to 25% of students in the U.S. are bullied, and 15 to 20% bully others.

#### **2. While school violence as a whole is declining, bullying behaviors have increased by 5%**

Over the past few years, school violence has declined by 4%. That doesn't mean that schools are safe havens, however. Bullying behavior increased by 5% between 1999 and 2001. Also, 86% of public schools in 2005-6 reported one or more incidents of violence or theft.

#### **3. Kids who are obese, gay, or have disabilities are up to 63% more likely to be bullied than other children**

Studies have shown that obese children are 63% more likely to be targets of bullying. Gay youth are also significantly more likely to be bullied, with lesbians experiencing bullying at 3 times the rate of other youth.

Kids with learning disabilities, speech impediments, ADHD, and medical conditions that affect their appearance (such as cerebral palsy, muscular dystrophy, and spina bifida) are also at higher risk of being bullied. One study found that 83% of adults who stuttered when they were kids reported they had been teased or bullied for it.

#### **4. Boys are more likely than girls to bully others**

According to studies, boys are more likely than girls to report that they bully others. Boys are also usually only bullied by other boys, while girls report being bullied by both boys and girls.

#### **5. Boys and girls get bullied in different ways**

The most frequent type of bullying experienced by both boys and girls is verbal bullying. But that's where the similarities end. Boys are far more likely to be hit, slapped, pushed, or be exposed to other types of physical bullying. Girls, on the other hand, are at higher risk for being socially excluded, having rumors spread about them, or being targeted with sexual comments.

Source: Urban Martial Arts ([www.urbandojo.com](http://www.urbandojo.com)), ref National Youth Violence Prevention Resource Center

## Strategies to Discuss with Kids Dealing with a Bully:

### **Avoid the bully and use the buddy system.**

Use a different bathroom if a bully is nearby and don't go to your locker when there is nobody around. Make sure you have someone with you so that you're not alone with the bully. Buddy up with a friend on the bus, in the hallways, or at recess — wherever the bully is. Offer to do the same for a friend.

### **Hold the anger.**

It's natural to get upset by the bully, but that's what bullies thrive on. It makes them feel more powerful. Practice not reacting by crying or looking red or upset. It takes a lot of practice, but it's a useful skill for keeping off of a bully's radar. Sometimes kids find it useful to practice "cool down" strategies such as counting to 10, writing down their angry words, taking deep breaths or walking away. Sometimes the best thing to do is to teach kids to wear a "poker face" until they are clear of any danger (smiling or laughing may provoke the bully).

### **Act brave, walk away, and ignore the bully.**

Firmly and clearly tell the bully to stop, then walk away. Practice ways to ignore the hurtful remarks, like acting uninterested or texting someone on your cell phone. By ignoring the bully, you're showing that you don't care. Eventually, the bully will probably get bored with trying to bother you.

### **Tell an adult.**

Teachers, principals, parents, and lunchroom personnel at school can all help stop bullying.

### **Talk about it.**

Talk to someone you trust, such as a guidance counselor, teacher, sibling, or friend. They may offer some helpful suggestions, and even if they can't fix the situation, it may help you feel a little less alone.

### **Remove the incentives.**

If the bully is demanding your lunch money, start bringing your lunch. If he's trying to get your music player, don't bring it to school.

Source: [www.kidshealth.org](http://www.kidshealth.org)

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## A new young adult novel that deals with bullying themes:

### **FOUR SECRETS**

Written by Margaret Willey ([www.margaretwilley.com](http://www.margaretwilley.com))

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With a fresh perspective and compelling characters, *FOUR SECRETS* explores the powerful dynamics of friendship and loyalty between three bullied teens before, during, and after they decide to take matters into their own hands and stand up to their tormentors.