Stop Bullying!

Help your child succeed. If your child is experiencing bullying or you suspect they are a bully involve your school. A call to your child’s teacher or counselor will help create teamwork to solve the problem.

The Center for the Advancement and Support of Educational Initiatives at Illinois State University

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What Is Bullying?

- Bullies might have more power and strength.
- Often, bullying continues over time.
- Hitting or punching.
- Teasing or name-calling.
- Threats through gestures.
- Socially being left out.
- Rude messages or pictures by mobile phone or using the Internet. (Cyberbullying)

If you’ve ever heard anyone say that bullying is “just a fact of life” or “no big deal,” you’re not alone! Too often, people just don’t take bullying seriously - or until the sad and sometimes scary stories are revealed.

- It happens a lot more than some people think. Studies show that between 15-25% of U.S. students are bullied with some frequency, while 15-20% report they bully others with some frequency (Melton et al, 1988; Nansel et al, 2001).
- It can mess up a kid’s future. Young people who bully are more likely than those who don’t bully to skip school and drop out of school. They are also more likely to smoke, drink alcohol and get into fights (Nansel et al, 2003; Olweus, 1993).
- It scares some people so much that they skip school. As many as 160,000 students may stay home on any given day because they’re afraid of being bullied (Pollack, 1998).
- It can lead to huge problems later in life. Children who bully are more likely to get into fights, vandalize property, and drop out of school. And 60% of boys who were bullies in middle school had at least one criminal conviction by the age of 24 (Olweus, 1993).

Children frequently do not tell their parents that they are being bullied because they are embarrassed, ashamed, frightened of the children who are bullying them, or afraid of being seen as a “tattler.” If your child tells you about being bullied, it has taken a lot of courage to do so. Your child needs YOUR help to stop the bullying.

http://www.stopbullyingnow.hrsa.gov/kids/