



Bullies ☐

“You must be the change you wish to see in the world.” — Mahatma Gandhi

Teasing at bus stops, threats on playgrounds, throwing rocks, kicking or shoving—it’s all fair play to a bully. Children know who the bullies are long before teachers and parents do. Yet children do not tell on bullies. They are afraid the bullying will become worse if they tell or that they might become the next victim if they speak up for someone else. And sadly, most victims believe no one will help them or be able to stop the bully even if they do tell.

Children are naturally self-centered, and hurtful remarks are part of conflict at any age. A quarrel or a one-time fight is not bullying. *Bullying is when a child is the target of repeated negative actions by someone else. The bully displays more power than the victim does.*

What can we do?

Bullying behavior in elementary school can easily turn into violence by middle and high school. A boy who is a bully at age eight is three times more likely to be convicted of a crime by age thirty and less likely than others to finish college and locate a good job. Girls who bully are more likely to raise children who bully (Eron, 1987).

Parents and teachers should stop bullying before someone gets hurt. It is important to teach children bullying prevention strategies, such as:

- ignoring the bullying.
- pretending not to hear.
- walking away quickly.
- using body language to look

determined, strong, and positive even if you feel frightened.

- shouting, “NO, GO AWAY” as loudly as possible.
- always telling a trusted adult if you are bullied.

Which statements are true?

True False

1. Bullies are boys.
2. Victims usually bring the trouble upon themselves.
3. Bullies are usually failing in school.
4. Bullies are larger than their victims.
5. Bullies don’t really mean to hurt their victims.
6. Looking different is the main reason children get bullied.
7. If the victim fights back, the bully will back down.
8. Other children should stay away from bullying situations or they’ll get bullied as well.
9. Bringing the parents of the victim and of the bully together for a discussion is a good idea.
10. Bullies are insecure and have low self-esteem.

(answers on page 2)

Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. Employment and program opportunities are offered to all people regardless of race, color, national origin, sex, age, or disability. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

