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Myths of Bullying

Shattering the Myths of Bullying

- ▶ **Myth:** Bullying behavior can't be changed.
- ▶ **Reality:** Use a positive approach to change behavior by awarding good behavior in students.
- ▶ **Myth:** Those who bully have low self-esteem.
- ▶ **Reality:** Research shows those who bully have high self-esteem.
- ▶ **Myth:** Those who bully are only from poor backgrounds.
- ▶ **Reality:** Those who bully can be from any background.
- ▶ **Myth:** Those who bully are all large males.
- ▶ **Reality:** 1 out of 5 students admits to doing some "bullying."
- ▶ **Myth:** Those who bully are usually poor students.
- ▶ **Reality:** Those who bully are not always poor students and they do not always pick on the "good" students.
- ▶ **Myth:** Most bullying happens on the way to and from school.
- ▶ **Reality:** 43% of fear harassment occurs in the bathroom at school.
- ▶ **Myth:** If you stand up to stop those who bully they will quit bothering you.
- ▶ **Reality:** Don't fight back by using that same behavior. It could cause you to be treated even worse.
- ▶ **Myth:** If you stop the behavior at school, it will still go on outside of school.
- ▶ **Reality:** Stopping the behavior at school will deter the behavior elsewhere.
- ▶ **Myth:** If you tell an adult, it will only make the situation worse.
- ▶ **Reality:** Bullying can best be stopped by the intervention of adults in authority.

You Can Help

We exist in a world that quietly condones bullying behaviors. Most of the time, no one is there to intervene. You could say that **everyone in the community suffers when bullying behavior occurs**. Bullying is terrorism on a local level.

Bullying will only be stopped by the intervention of adults in authority positions, such as educators and parents.

Parents have the power to make a difference and reduce bullying behaviors, and the Kentucky Center for School Safety wants to help you do just that.

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Kentucky Center for School Safety



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Who's the Bully...Not My Child!

Studies on bullying have been done around the world. Norway, Sweden, France, Ireland, Japan, Denmark, United States, Canada, England and Germany have all conducted research into the problems of bullying and its effects on education and on society in general. There are conclusions that we can make from this research. **Bullying will only be stopped by the intervention of adults in authority positions, such as educators and parents.**

Victims of bullying must have a support system that makes them feel safe and comfortable in order to report intimidation to those authority figures. This means that any program that is put into effect must have a very strong background that is based on cooperation between various organizations so that those who bully cannot play one system against the other.

Those who bully cannot be allowed to continue bullying. They need immediate consequences so that they know that their school has no tolerance for bullying behavior. Consequences should be non-hostile and nonphysical.

If we can stop bullying behavior at an early age, perhaps, our youth can make wiser choices later in life and stay out of the judicial system.

"Approximately 60% of boys who were characterized as bullies in grades sixth through ninth had at least one conviction by the age of 24. Even more dramatically, as much as 35% to 40% of former bullies had three or more convictions at this age," (Olweus, 1991). Given this data, we feel compelled to make every effort to interrupt this behavior pattern in children.

We are encouraged. Research shows that adult interventions work.

Why don't kids ask for help?

Kids don't tell adults they're being bullied for many reasons:

- ▶ Bullying can make a child feel helpless. They may fear being seen as weak or a tattletale.
- ▶ Kids may fear backlash from the kid who bullied them.
- ▶ Bullying can be a humiliating experience. They may also fear that adults will judge them or punish them for being weak.
- ▶ Kids who are bullied may already feel socially isolated. They may feel like no one cares or could understand.
- ▶ Kids may fear being rejected by their peers.

For more information:
www.stopbullying.gov

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