

What is bullying?

Bullying Happens when a person with greater power takes unfair advantage of a less powerful person and these negative actions are repeated into a pattern of behavior. Bullying means there is an imbalance of power so that the victim cannot successfully defend himself or herself. Power can be physical size, strength, numbers, social standing, verbal skill, economic power, cultural or ethnic power, level of intelligence, popularity, gender, etc. Bullying is the persistent abuse of an underdog. The child who bullies watches for opportunities to pick on the victim and the victim feels tormented and defenseless.

Characteristics of those who bully

1. Strong desire for power and control over others.
2. Physical strength greater than average for own age, and greater than victims.
3. Age usually older than victim's.
4. Average or above average self-esteem.
5. Charming manipulators.
6. Low-average to above-average popularity outside of own group of followers.
7. Remorseless.
8. Continual tormenting of victims.
9. Lack of empathy or understanding for others, lack of conscience.
10. Defiant attitude toward authority, refusal to follow rules sometimes violent behavior toward parents and teachers.
11. Actions become worse when a victim fights back.
12. Thrive on dominance and control.
13. Enjoyment in bullying others.

Alarming Stats:

49.8% of tweens (9 to 12 years old) said they experienced bullying at school and 14.5% of tweens shared they experienced bullying online ([Patchin & Hinduja, 2020](#))


41% of students who reported being bullied at school indicated that they think the bullying would happen again. ([National Center for Educational Statistics, 2019](#))


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Who are the victims?

Generally, children who are bullied have one or more of the following risk factors:

- Are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider “cool”
- Are perceived as weak or unable to defend themselves
- Are depressed, anxious, or have low self-esteem
- Are less popular than others and have few friends
- Do not get along well with others, are seen as annoying or provoking, or antagonize others for attention

However, even if a child has these risk factors, it doesn't mean that they will be bullied.

In order for your child to heal from bullying, there are several important steps you must take. These include not only changing the way your children think about the situation, but also how they view themselves after being bullied.

You want to be sure your child does not allow the bullying they experienced to define them.

It's also important to help your child find closure for the situation.

And as counterintuitive as it sounds, forgiving the bully goes a long way in freeing your child from the pain of the experience.

Remember...

Research shows that the effects of bullying last well into adulthood.

Victims of bullying behavior often suffer from feelings of helplessness and hopelessness

Low Self-Esteem: Bullying can do a lot of damage to an individual's self-esteem.

Victims of bullying may begin to believe the negative things they are told and feel like they're not good enough.


Victims of bullying may end up becoming bullies themselves as a result of the trauma and pain that they have experienced.


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