



Bullying Fact Sheet

Bullying is a word we are unfortunately hearing everyday on the news and in schools. Here is some information on Bullying that everyone working with youth should know.

What is Bullying?

Bullying is an aggressive behavior that is intended to hurt another person. Bullying can involve:

- **Imbalance of Power:** people who bully use their power to control or harm others and the people being bullied may not be able to defend themselves
- **Repetition:** incidences of bullying happen to the same person or group multiple times by the same person or group

Types of Bullying:

- **Verbal:** name-calling, teasing or a negative statement told to you or about you
- **Social:** gossip, verbal abuse, spreading rumors, leaving people out on purpose, breaking up friendships or other actions that cause mental and emotional harm and social isolation for the victim
- **Physical:** hitting, punching, shoving, kicking or other physical attacks
- **Cyber bullying:** using the Internet, cell phones and technology to harm others

Warning Signs of a Child Being Bullied:

- Feelings of unhappiness or loneliness
- Reluctance to join in with the group
- Withdrawal from friends and family
- Physical and psychological insecurities
- Physical complaints such as stomachaches or not sleeping



Who is a Bully?

Bullies come in all shapes and sizes. Individuals who bully others tend to have underdeveloped social skills, fragile self-esteem, low impulse control and poor problem solving skills. The bully often struggles to be seen as popular or wants to fit into a particular social group. Bullying others enables them to experience a feeling of elevated social status which the bully views as positive acceptance of the group. For a bully to experience this feeling of elevated social status; there must be a target individual and a by stander for an audience.

Who is the Target/Victim?

Anyone can be a target for a bully. We are all different in some way; that is what makes us all so special. But the fact is a target may not be different at all, maybe they are in the right place at the wrong time and they become a target. We can all be a target for a bully at any time. A person who has been bullied needs to remember they have done nothing wrong and be proud of who they are. The targeted individual should be encouraged to tell an adult they trust.

Who is the By-stander?

Everyone has the right to feel safe no matter where they are. By standing up for someone who is being bullied, you are not just helping them; you are also helping yourself. Ask the bully to stop or the bystander could walk away. When you do this, the bully loses his/her audience and the power. Go with the individual who was bullied to talk with a trusted adult about the situation.

What can you do to prevent or handle a bullying incidence?

1. Awareness of your 4-H members! Get to know them and their names. Be attentive to their needs.
2. Warmth and **positive involvement** from adults
3. Educate your members on bullying. Explain expectations clearly.
4. **Firm Limits** for unacceptable behavior
5. Consistent use of **non-hostile and non-physical** sanctions on rule violations
6. **Prevention** works better than dealing with the situation after the fact.
7. This must be addressed quickly to prevent the issue from escalating. The victim needs to feel comfortable talking about it, and be free of the fear of repercussions. Support and protect the victim.
8. Nip it in the bud! Talk with the bully and the victim as soon as possible.
9. ***Then report the incident to your County Agent.***

References:

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Retrieved December 23, 2011 from CampSpirit.com. (Must subscribe to Expert Online Training for this video)

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4-H Agent Resource Page: Bullying