

GENERAL INFORMATION ABOUT BULLYING

What is Bullying?

Bullying can involve direct or indirect behaviors. Direct behaviors, such as teasing, taunting, name-calling, put-downs, threatening, hitting, or stealing, are inflicted by one or more persons against a victim. An example of an indirect bullying behavior is the intentional exclusion of someone from the peer group. Whether direct or indirect, a key characteristic of bullying is that the intimidation happens repeatedly, creating a pattern of harassment.

Characteristics of Bullying

(some bullies may not exhibit all of these characteristics)

- Have a need to feel powerful and in control
- Gain satisfaction from inflicting suffering on others
- Display little empathy and compassion for others
- Defend their actions by blaming the victims
- Often come from homes where physical punishment is used
- Are generally defiant toward adults
- Have strong self-esteem

Characteristics of Victims

(some victims may not exhibit all of these characteristics)

- Are typically anxious, insecure, and cautious
- Have low self-esteem
- Rarely defend themselves or retaliate
- Often lack social skills or are socially isolated
- Tend to have overprotective parents
- Tend to be physically weaker than their peers

Role of Bystanders — What Do Bystanders Do?

- Some do nothing
- Some join in the bullying
- Some verbally or silently encourage the bully
- Some try to stop the bullying with words or action
- Some seek help from an adult