

Bullying is a serious issue...

1 in 4 young people report being bullied every two weeks (or more often)

About 35% of kids report having been threatened online

46% of males followed by 26% of females have admitted to being victims in physical fights as reported by the Bureau of Justice School

According to the i-Safe American survey of students, about 58% admit to never telling an adult when they've been the victim of a bullying attack

Bullying also hurts the perpetrator – young people who bully are over more likely to engage in criminal behavior, have issues with substance abuse, demonstrate low academic achievement and be involved in future child and domestic abuse.



Who can help?

National Runaway Safeline
1-800-RUNAWAY

National Bullying Prevention Center
www.pacer.org/bullying/

It Gets Better Project
www.itgetsbetter.org

The Trevor Project
www.thetrevorproject.org

www.stopbullying.gov

www.teensagainstbullying.org

CONTACT US!!

Faces For Change

Bud Hill, President (541) 786-2706

www.facesforchange.com

www.facebook.com/Faces4Change



Bullying Hurts!



Faces for Change

A resource for bullying awareness and prevention in Northeast Oregon

What is Bullying?

Bullying is when someone (or a group of people) with more power repeatedly and intentionally cause hurt or harm to another person (or group of people) who feel helpless to respond. Bullying be long-term, is often hiding from adults and will probably continue if no action is taken.

Bullying isn't:

- Single episodes of social rejection
- Single acts of nastiness or spite
- Random acts of intimidation
- Mutual arguments or disagreements

Types of Bullying

The Department of Education and Early Childhood Development identifies four types of bullying.

1. **Physical Bullying** includes hitting, kicking, tripping, pinching, pushing and or damaging personal property.
2. **Verbal Bullying** includes name calling, insults, teasing, homophobic or racist remarks and/or verbal intimidation.
3. **Covert Bullying** is often carried out behind the back of the victim. It is designed to harm someone's reputation and/or cause humiliation. Examples include lying or spreading rumors, menacing or contemptuous looks, encouraging social exclusion, damaging someone's reputation.



4. **Cyberbullying** is overt and covert bullying using digital technologies. Examples include harassment via text, defamatory personal website or deliberately excluding someone from social network spaces. Cyberbullying can happen at any time. It can be in public or in private and sometimes is only known to the bully and the victim.

Signs that your child might be being bullied

It's not always easy to tell if your child is being bullied. Significant changes in mood, appetite or sleep patterns; withdrawal from family or social groups may all be causes for concern. Other indicators often include a decline in academics or unwillingness to attend classes; lost or broken property; scratches or bruises or implausible explanations for any of the above.

What to do if your child is being bullied

1. **LISTEN** to the whole story without interrupting. Ask what your child would like to have happen before making suggestions.
2. **LEARN** what, when and where bullying occurred. Who was involved, how, who witnessed it.
3. **CONTACT THE SCHOOL** Check your school's bullying policy. Find out if the school is aware of the bullying and whether anything has been done to address the situation. Make an appointment to speak to your child's teacher or coordinator. Make a follow-up appointment to ensure the situation is being addressed.

What to do if your child is bullying others

First, stay calm. Remember that the behavior is bad, not the child. Try to understand the reason(s) your child has behaved in this way and look for ways to address problems.

Make sure the child understands that bullying behavior is inappropriate and why. Encourage the child to look at it from the other's perspective, for example, "how would you feel if..."

Provide appropriate boundaries for the child's behavior and help him or her think of alternative paths of action.