

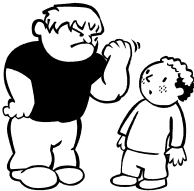


# DON'T BULLY ME!

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## Facts about bullying

1. Bullying is a **form of harassment** (physical, psychological and emotional) that is deliberate and repeated over a period of time by one person (or many) over another. There is a **power imbalance** where the victim has trouble defending themselves and feels helpless to some degree.
2. There are generally two forms of bullying. **Direct bullying**, face to face open attacks: hitting, kicking, teasing, name calling and **indirect bullying** which consists of spreading gossip, social isolation, etc.
3. Bullying generally **occurs in a school setting** rather than on the way to and from school. The most common places where bullying occurs in a school are (1) playground; (2) hallways; (3) classroom; (4) lunchroom; (5) washroom.
4. Boys generally bully boys. Boys are more often bullied physically and have tendency of denying being bullied. Girls are more likely to be bullied by either a boy or a girl. Girls have tendency to use indirect and subtle forms of bullying (exclusion, rumors, gossip, manipulation of friendship, etc.)
5. The bully is generally of the same age, grade and class as the victim. Bullies generally victimize children they spend much time with and know well
6. Bullying takes place where there is little adult supervision and teachers generally intervene in about ¼ of bullying episodes. Bystanders spent 54% of their time inertly watching, 21% actively encouraging and 25% of their time intervening in the victim's favor (Tornberb, 2010).



## Statistics on bullying

1. About 10% of school age children report being bullied on a weekly basis. Boys in the primary level report overall more frequently of being bullied than girls.
2. A child is victimized every 7 minutes on the playground and every 25 minutes in the classroom.
3. 40% of boys and 25% of girls who are bullied weekly do not tell their friends.
4. 10-15% of school absenteeism is due to bullying. 1/5 of boys and 1/4 of girls report having stayed away from school due to bullying.
5. The number of individuals being abused due to bullying decreases with age but the intensity and nastiness of the abuse increases with age. Verbal forms of harassment rarely change with age.
6. If a child is identified as a bully in grade 2 (age 8) there is an increased chance of them having a criminal record (trouble with the law) by age 24.
7. Girls who bully at a young age are more likely as moms to use aggressive means of punishing their children, who, in turn are more likely to bully and abuse others

## How can YOU help your child once THEY confide in you?

1. **Listen to your child** and be supportive. Pay attention to their body language. Ask your child questions - what exactly are they being taunted about? How have they been dealing with the bullying situations? They will generally deny and minimize everything at first due to shame and embarrassment. They will be frightened to tell you the whole truth (fear of retaliation)
2. **Reassure them and inform them** that it isn't their fault, that you are concerned and you will work together to sort out the problem. Your initial goal is to create an environment where your child feels comfortable telling you. **Talk to them** about what actions can be done by you and them. **Work with the school and classroom teacher immediately.**
3. **Role play with your child.** (1) See how your child reacts to being bullied; (2) Look at the assertive body language used: eye to eye contact, hand positioning, facial gestures; (3) What assertive words does your child use to defuse the bullying situation? (4) Does the situation drag on? (5) Does your child get hooked into the taunting? **You need to practice and apply the 4 confrontational rules taught by Mr. Manoli. He gives hands-on, anti-bullying parent/child workshops, courses and private at home one-on-one training.**

