

# Bullies & You

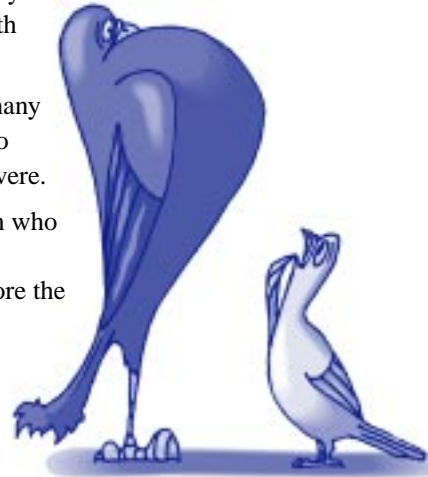


Bullying: A problem for school children, probably since the early one-room school houses. What has changed is the outcome of bullying behavior. All too often we hear the end result of children pushed too far, where violent school shootings are the headline story in the news. Unfortunately, bullying doesn't stop in elementary school, but peaks in junior high, and often continues through high school and into the workplace. It can lead to serious problems, not only for the bully but for the victim of bullying as well.

According to the National Crime Prevention Council, bullying is repeated unprovoked aggressive behavior. It is a form of intimidation, designed to threaten, frighten, or coerce. Bullies have learned that their behavior works to achieve their goals of power and control. Read on for things you can do to stop this destructive behavior.

## Facts About Bullying

- Bullies will continue their behavior as long as it works for them, giving them the feeling of power and control.
- While many children and teens are victims or are bullies themselves, even more are witness to bullying behavior.
- Eight percent of urban junior and senior high students miss one day of school each month because of fear.
- Bullying can take many forms from verbal to physical, mild to severe.
- One in four children who bullies will have a criminal record before the age of thirty.
- Bullies aren't only boys. Bullying by girls may take on other forms such as spreading rumors, excluding others from social events, teasing about clothes or boyfriends, or threatening to withdraw friendships. At times, girls' bullying behavior can lead to physical violence.
- Bullying can occur in or out of the presence of adults. Incredibly, often adults do nothing to stop bullying behavior.



## Victims of Bullying

Anyone can be a victim of bullying. Usually, victims are less powerful or feel less powerful than the bullies. Victims are often shy, sensitive, and insecure. Some children are picked on for physical reasons, such as weight, size, clothing, disability, race or religious faith.

## Types of Bullies

### *Intimidators*

Some bullies are outgoing, aggressive, and actively pursue victims. They use force and harassment to get their way. They may even carry a weapon. This type of bully rejects rules and regulations, and needs to rebel to achieve a feeling of superiority.

### *Smooth Talkers*

"Smooth talkers" are more reserved and do not want to be recognized as bullies. They coerce their victims by talking, saying the right thing at the right time, and lying. This type of bully gets their power through manipulation and deception.

While both types of bullies act differently, the goals of both are the same:

- Self pleasure.
- Power over others.
- Willingness to use and abuse others to get what they want.
- Many act out because of their own perceived shortcomings.
- Many have difficulty seeing things from other people's perspective.

## If You Are a Victim

No single solution will work in every situation, but here are some strategies you can try.

- Avoid or ignore the bully.
- Hang out with friends, as there is safety in numbers.
- Do not give in to a bully's demands. If, however, you are threatened with a weapon, give into demands and then tell an adult.
- Tell the bully assertively to stop bullying you.

- Seek immediate help from an adult.
- Report bullying to school personnel.

## Stop the Bullying

It is everyone's responsibility to stop bullying. Don't be afraid to seek help when necessary. Asking for help takes courage, but will stop the bullying for you and prevent it from happening to others in the future. Here are other ways to stop bullying:

- Refuse to participate in taunting and teasing.
- Treat others the way you want to be treated.
- Tell adults if you witness cruelty or hear about potential violence.
- Speak out against the bully's behavior.
- Stand tall and walk with confidence.
- Hang out with friends who don't get involved in bullying.
- Stand up for others who are being intimidated.
- Include bully victims in your activities.
- Show compassion for victims.

## Take Action

- Work together with your school administration and unite students to revise or develop your school's code of conduct.
- Start a bully education program for the local elementary school to teach kids about bullying.
- Organize a teen panel or discussion group to talk about issues of bullying and intimidation at your school.

## Contact Us

For more information on bullying and other Crime Prevention issues, contact the Pima County Sheriff's Department's Community Resources Team at (520) 741-4615. We'll be happy to talk to you about educational materials, brochures, and safety presentations. Call today.



PIMA COUNTY SHERIFF'S DEPARTMENT

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Crime Prevention Tips From  
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[www.weprevent.org](http://www.weprevent.org)



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Pima County  
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