



Parent Handout for Bullying Activities

Bullying is a widespread problem:

- 28 percent of 12-18 year olds reported being bullied at school
- Nearly 1 in 10 students in the US report being **cyberbullied**¹

What is bullying?

- Bullying is any unwanted aggressive behavior (aggression can be physical, verbal or social) by another youth or group of youths. Bullying involves a power imbalance and is repeated multiple times¹
- **Cyberbullying:** Any type of harassment or bullying (teasing, telling lies, making fun of someone, making rude or mean comments, spreading rumors, or making threatening or aggressive comments) that occurs through email, a chat room, instant messaging, a website (including blogs), or text messaging²

Unique Challenges of Cyber-Bullying

- Cyberbullying can happen anytime 24/7
- Between 13% and 46% of young people who were victims of electronic aggression report not knowing their harasser's identity
- Young people who are victims of internet harassment are significantly more likely than those who have not been victimized to use alcohol and other drugs, receive school detention or suspension, skip school, or experience in-person victimization³

What can you do as a parent/caregiver?

1. Talk to your child
2. Develop rules for safe internet behaviors
3. Explore the internet, visit websites that your child visits
4. Talk with other parents/caregivers
5. Encourage your school or school district to conduct a class for caregivers about cyber-bullying
6. Keep current with the technology that your child is using³

Activity: Child – Parent Interview

Spend some time with your child learning about each other's experiences and thoughts about bullying. Use these questions to help facilitate proactive conversation.⁴

Child Ask...

What does bullying mean to you?
What are your experiences with bullying? How did you handle it?
What should I do if I see bullying happening?
How could I help someone that is being bullied?
If I ever feel bullied, what should I do?

Parent Ask...

Who are your closest friends at school? Are there any students who you think are different than you and your friends? What makes them different?
Why do you think some students at your school chose to bully others?
Do you feel like you've ever been bullied? How did you react to it? If so, how do you think what the bullies did or said still affects you?
What do you think your school could do to stop bullying?

For more information about bullying visit stopbullying.gov.

Coming Soon! HEAR: Helping Educators Use Art to Reduce Bullying
(HEAR-project.org)



¹U.S. Department of Education & U.S. Department of Justice. (2012) <http://www.cdc.gov/violenceprevention/pdf/ea-brief-a.pdf>

²Center for Disease Control and Prevention. (2013). http://www.cdc.gov/violenceprevention/pdf/bullying_factsheet.pdf

³Center for Disease Control and Prevention (2006) <http://www.cdc.gov/violenceprevention/pdf/ea-brief-a.pdf>

⁴U.S. Department of Health & Human Services. (2003). <http://store.samhsa.gov/shin/content/SMA08-4321/SMA08-4321.pdf>