

HANDOUT: FACTS ABOUT BULLYING

Bullying generally begins in the elementary grades, peaks in the 6th through 8th grades, and persists into high school. Bullying can occur in a number of ways, including

- Physical bullying—punching, hitting, kicking, or tripping
- Verbal bullying—name-calling or teasing
- Non-verbal or emotional bullying—intimidation through gestures or social exclusion
- Cyberbullying—using new technology, i.e., e-mail, websites, camcorders, etc. to harass and intimidate.

There's no single reason why a child becomes a bully, but family, peers, school atmosphere, and community environment all can play a role.

Studies show that bullying is more prevalent among males than females, and occurs more often in middle school than high school. While both males and females experience verbal bullying, males are more likely to encounter physical bullying while females are more likely to face harassment in the form of rumors or social exclusion. Many people think that bullies act tough in response to their own feelings of insecurity and self-loathing. The problem with this theory is that bullies often *exhibit* plenty of confidence, although they may really not be that confident or have high self-esteem. Generally, bullies are physically aggressive with pro-violent attitudes. They are typically hot-tempered, easily angered, impulsive, and have a low tolerance for frustration.