



Facts About Bullying

Working Toward a Bully Free Community (Hamilton, Ontario)

“A person is being bullied when he or she is exposed, repeatedly, and over time, to negative actions on the part of one or more other persons.” — Dan Olweus

- ☞ **It’s a girl AND boy problem (65% of boys and 75% of girls in high school reported being verbally or socially aggressive)**
- ☞ **Peaks in the early high-school years (the transition to, and the adjustment to high school is a particularly difficult time for many students; a similar number of boys and girls psychologically bully and are bullied)**
- ☞ **Mainly occurs between same-sex peers**
- ☞ **Boys and girls are equally likely to be bullied. (Ziegler and Rosenstein-Manner, 1991)**
- ☞ **Incidences towards opposite-sex peers/romantic peers increase across high-school years as sexual issues / romantic relationships become more important, but are not as prevalent as incidents of verbal or social aggression between same-sex peers.**
- ☞ **Boys report more physical forms of bullying: girls tend to bully in indirect ways, such as gossiping and excluding. (Pepler et al., 1997)**
- ☞ **Boys who bully are physically stronger and have a need to dominate others. (Olweus, 1987)**
- ☞ **Girls who bully tend to be physically weaker than other girls in their class. (Roland, 1989)**
- ☞ **The same children are often bullied year after year. (Hodges 1996; Malone and Perry, 1995)**
- ☞ **Victimization decreased across grade levels:**
 - ▶ **26% of grades 1-3 children report victimization compared to**
 - ▶ **15% of grades 4-6 and**
 - ▶ **12% of grades 7-8 children (Pepler et al., 1997)**
- ☞ **Bullying stops in less than 10 seconds, 57% of the time when peers intervene on behalf of the victim. (Pepler et al., 1997)**

- ☞ **83% of children report that watching bullying makes them feel uncomfortable; 85% of bullying takes place in front of others. (Pepler, 1997)**
- ☞ **In playground observations, peers intervened in significantly more episodes than adults did (11% of episodes versus 4%). (Craig and Pepler., 1997)**
- ☞ **Bullying is reduced in a school if the principal is committed to reducing bullying. Strategies (Charach et al., 1995)**
- ☞ **Both boys and girls who are victimized reported symptoms of depression, such as sadness and loss of interest in activities. (Slee, 1995) (Craig, 1997)**
- ☞ **Victims often report low self-esteem, likely because of repeated exposure to victimization. (Besag, 1989)**



Symptoms of a child being bullied:

- ☞ **Fear of going to school**
- ☞ **School work problems**
- ☞ **Missing possessions**
- ☞ **Unexplained injuries**
- ☞ **Withdrawal (quiet, sullen, daydreaming)**
- ☞ **Depression**
- ☞ **Being difficult and argumentative (with the underlying message that everyone is picking on me)**
- ☞ **Nightmares and disturbed sleep**
- ☞ **Low self-esteem**

Our Job:

- ☞ **Learn what Bullying is and then share the information with others.**
- ☞ **Trust your instincts; if you think a child or youth is being bullied, they probably are.**
- ☞ **Speak out and share information**
- ☞ **Don't hesitate to ask for help**



Affiliated Services for Children and Youth

**For further information on the Coalition of Bullying Prevention and Intervention in Hamilton, please contact: *Chris Maleta (Project Coordinator)*
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