

Name _____

Date _____

Learning about Bullying

Here are the sources I used to learn more about bullying in middle school:

- [Sticks and Stones and Names Can Hurt You: De-Myth-tifying the Classroom Bully!](http://www.educationworld.com/a_issues/issues102.shtml) (http://www.educationworld.com/a_issues/issues102.shtml)
This article is targeted to teachers, but it contains lots of useful information about bullies. It sets straight ten myths about bullying, such as:

“THE MYTH: Bullies suffer from insecurity and low self-esteem. They pick on others to make themselves feel more important.

THE RESEARCH: Most bullies have average or above-average self-esteem. They "suffer" from aggressive temperaments, a lack of empathy, and poor parenting.”

- [Advice on Stopping Bullying from BullyStoppers.com](http://www.bullystoppers.com/bullying_help_for_students.htm) (http://www.bullystoppers.com/bullying_help_for_students.htm)
The author of the site offers different strategies for stopping bullying. The strategies are outlined by the situations where bullying happens.

Many of these strategies work in different situations. One strategy is sitting close to friends because it is less likely that you will be singled out for bullying. Talking to an adult about the bullying and being aware of where you are and who is around you are strategies that can be used in many situations. Finally, choosing a different route through the halls at school or walking home can make it more difficult for a bully to find you.

These ideas will be important for my project because they show the different places and ways that students are bullied. I did not realize all the places where bullying happens. I thought it only happened after school, not in school or on the bus. I will need to find out more from my classmates on where they find bullying occurring. I also need to know more about the ways that other students are bullied.

- [Effects of Bullying from Stop Bullying Now](http://www.stopbullyingnow.hrsa.gov/index.asp?area=effects) (<http://www.stopbullyingnow.hrsa.gov/index.asp?area=effects>)
This resource talks about how bullying affects both the bullies and the students being bullied. It points four different ways that bullying affects society.

First, more students are bullied than most people realize. Some studies show that 15%-25% of students say they have been bullied and 15%-20% say they have bullied others. Second, bullying can hurt your future prospects. Students who

bully are more likely to drop out of school. They are also more likely to have other bad habits like smoking, drinking, and drug abuse.

Third, students avoid school because of bullying. These students stay home from school because they are afraid. Finally, students who bully can have many problems later in life. They are more likely to get into fights and vandalize property when they are older. Sixty percent of middle schoolers who bullied have a criminal record by the time they are 24 years old.

- [The Legal Eagle's Students' Corner](http://www.njsbf.com/njsbf/student/eagle/winter02-6.cfm)
(<http://www.njsbf.com/njsbf/student/eagle/winter02-6.cfm>)
This site has many facts on bullying. These facts are from professional organizations that work with children and schools. From these facts, I can use these facts to help me understand more about the reasons for bullying and the best strategies to stop bullying at my school.
 - Bullying is the most common form of violence in our society. Between 15 percent and 30 percent of students are bullies or victims. (*National Association of School Psychologists*)
 - Since 1992, there have been 250 violent deaths in schools that involved multiple victims. In virtually every school shooting, bullying has been a factor. (*National Association of School Psychologists*)
 - An estimated 160,000 children miss school everyday due to fear of attack or intimidation by other students. (*National Education Association*)
 - Since 1992, there have been 250 violent deaths in schools that involved multiple victims. In virtually every school shooting, bullying has been a factor. (*National Association of School Psychologists*)
- **My Ideas**
I learned a lot from reading the different resources on bullying that I found. I now know that bullying occurs in many more places that I originally thought. Bullying is a problem in school, but it is also a problem for students on the way to and from school, after school, and on the Internet. I understand there are many ways to handle bullies, but some ways are more effective than others. Talking back to a bully may be satisfying at the moment, but it does not change the bullying situation. The bullying will continue. Avoidance strategies, like walking another way or changing the hall you take to class work better, but they are not long-term solutions. I need to know if any of these avoidance strategies works and whether the bullies find someone else to pick on and never bother you again. Getting an adult involved seems to be a good solution, but I need to know more about whether other students think you are a tattletale.