

# Arlington Heights Police Department

## Bullying Awareness and Prevention



In the past, Bullying was dismissed as a normal part of growing up. Today we recognize the devastating effects of bullying. We must educate those who are still living in the past.

**Bullying Defined:** Bullying is characterized by repeated, unprovoked harassment of another individual in which that individual had difficulty defending him/herself.

### Examples of Bullying:

- ✓ Punching, shoving and other acts that cause physical harm
- ✓ Spreading rumors – including cyber-bullying
- ✓ Excluding people from a “group”
- ✓ Teasing in a mean way
- ✓ Getting certain people to “gang up” on others

We must always consider the **BULLY**, the **VICTIM** and the **BYSTANDER** when addressing this problem. Which one are you? Various studies conclude that as many as 50% of children are victims and 25% are bullies at some time during their childhood. Imagine how many bystanders there are!

### Affects on Victims

- ✓ Poor academic performance and school failure
- ✓ Poor mental and psychological health – depression, anxiety and behavioral problems
- ✓ Low self-esteem
- ✓ Drug and alcohol abuse
- ✓ Delinquency
- ✓ Relationship problems with friends and family.

**A bully can experience similar consequences as well as possible legal ramifications.**

### WHAT CAN YOU DO IF YOU ARE BEING BULLIED?

- ✓ Talk to your parents or an adult you can trust, such as a teacher or school counselor
- ✓ Act confident - do not retaliate, do not show you are upset and walk away.
- ✓ Make friends with other students – It is more difficult to bully a group of friends
- ✓ Avoid bullying situations – try not to be alone with the bully
- ✓ **NEVER** blame yourself

### WHAT CAN YOU DO IF YOU SEE SOMEONE BEING BULLIED?

- ✓ Refuse to join in – stand firm
- ✓ Offer support to those being bullied – they need to know they are not alone
- ✓ Get help if necessary
- ✓ Encourage them to speak to their parents or a trusted adult

**WE MUST ALL TAKE A STAND AGAINST BULLYING**