



Bullying, Cyberbullying and Rumors

Bullying

Bullying behavior (both the bully and the target individual) is linked to suicide and suicidal behaviors (attempts, ideations and or completions). “Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated over time.”

Bullying behaviors/actions include:

- making threats
- spreading rumors
- attacking someone physically or verbally
- excluding someone from a group on purpose

Cyberbullying

Cyberbullying occurs when an individual uses electronic devices or social media to bully another individual. The use of technology and social media provide the platform for cyberbullying. Online bullying is convenient for the bully because it is generally not public and easier to get away with.

Bullying vs. Cyberbullying

Bullying

- Face to Face
- Can't find a safe space or escape
- Limited to onlookers
- Bully can be identified
- Can see facial and body reaction of target and onlookers

Cyberbullying

- 24 hrs a day, 7 days a week and 365 days a year
- No safe space and hard to escape
- Can go viral in a matter of seconds
- Bully can be anonymous
- Harder to empathize with the target

Results/Outcome of Bullying and Cyberbullying

- ✓ Rumors, threats, verbal/physical violence, especially when done repeatedly, can develop a foundation for depression, poor self-esteem, anxiety, fear and isolation.
- ✓ “Bullying and cyberbullying are known to negatively impact mental health and general wellbeing long term. This is true for those who bully, those who are the targets of bullies and even bystanders.”

WHAT TO DO?

- Support your child. Listen and document
- Contact your school administrator, counselor etc.
- Utilize the resource list in the Parent Toolkit

