

STOP BULLYING

Solutions to bullying are not simple. Bullying prevention approaches that show the most promise confront the problem from many angles. They involve the entire school community—students, families, administrators, teachers, and staff such as bus drivers, nurses, cafeteria and front office staff—in creating a culture of respect. Zero tolerance and expulsion are not effective approaches.

STOPBULLYING.GOV

QUICK FACTS

- About 20% of students ages 12-18 experienced bullying nationwide.
- In the US, 1 in 5 students ages 12-18 has been bullied during the school year.
- The most commonly reported type of bullying is verbal harassment (79%), followed by social harassment (50%), physical bullying (29%), and cyberbullying (25%).
- 42% percent of students who reported being bullied at school indicated that the bullying was related to at least one of the following characteristics: physical appearance (30%), race (10%), gender (8%), disability (7%), ethnicity (7%), religion (5%), and sexual orientation (4%).

DOSOMETHING.ORG

CONTACT US

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**CRIME PREVENTION IS
A SHARED RESPONSIBILITY**



STOP BULLYING

TIPS & FACTS FOR PARENTS



CRIME PREVENTION UNIT
FAYETTEVILLE POLICE DEPARTMENT



UNDERSTAND & RECOGNIZE BULLYING

Bullying is a form of youth violence and an adverse childhood experience (ACE). CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners, that involves an observed or perceived power imbalance, and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm. Common types of bullying include:

- Physical such as hitting, kicking, and tripping
- Verbal including name-calling and teasing
- Relational/social such as spreading rumors and leaving out of the group
- Damage to property of the victim
- Bullying can also occur through technology, which is called electronic bullying or cyberbullying.
- A young person can be a perpetrator, a victim, or both (also known as “bully/victim”).

WHAT CAN YOU DO?

LISTEN TO CHILDREN

Encourage children to talk about school, social events, other kids in class, the walk or ride to and from school so you can identify any problems they may be having.

TAKE CHILDREN’S COMPLAINTS OF BULLYING SERIOUSLY

Probing a seemingly minor complaint may uncover more severe grievances. Children are often afraid or ashamed to tell anyone they have been bullied, so listen to their complaints.

SIGNS THAT CHILDREN MAY BE BULLYING VICTIMS

Watch for withdrawal, a drop in grades, torn clothes, or needing extra money or supplies.

TELL THE SCHOOL OR ORGANIZATION IMMEDIATELY

Alerted caregivers can carefully monitor your children’s actions and take steps to ensure your children’s safety.

WORK WITH OTHER PARENTS

Ensure that the children in your neighborhood are supervised closely on their way to and from school.

DON’T BULLY YOUR CHILDREN YOURSELF, PHYSICALLY OR VERBALLY

Use non-physical consistently enforce discipline measures as opposed to ridicule and yelling or ignoring your children when they misbehave.

HELP CHILDREN LEARN TO SOCIAL SKILLS HE OR SHE NEEDS TO MAKE FRIENDS

A confident, resourceful child who has friends is less likely to be bullied or to bully others.

PRAISE CHILDREN’S KINDNESS TOWARDS OTHERS

Let children know that kindness is valued. Children ways to resolve arguments without violent words or actions.

TEACH CHILDREN SELF-PROTECTION SKILLS

Show them how to walk confidently, stay alert to what’s going on around them, and to stand up for themselves verbally.

PROVIDE OPPORTUNITIES FOR CHILDREN TO TALK ABOUT BULLYING

Make time when watching TV together, reading aloud, playing a game, or going to the park or movie.

RECOGNIZE THAT BULLIES MAY BE ACTING OUT OF FEELINGS

If your child is a bully, help get to the root of the problem. Seek out specific strategies you can use at home from a teacher, school counselor, or child psychologist.

[HTTPS://WWW.NCPC.ORG/RESOURCES/BULLYING/](https://www.ncpc.org/resources/bullying/)

STOP BULLYING:
TO FIND MORE RESOURCES,
VISIT THE NATIONAL CRIME
PREVENTION COUNCIL’S WEBSITE