



# Psychotherapy and Life Coaching for Children, Teens, and Women

## Bullying

March 2010

When I was asked by Channel 6 News to answer questions about bullying in response to a local incident allegedly involving bullying, I thought it might be a helpful topic for my next newsletter. When I heard a presentation on bullying two days later at a conference on stress syndromes in children, I knew it would be helpful to disseminate information to protect our children.

### Did you know:

- there are negative effects (i.e. depression, anxiety, and substance abuse) for those who bully, their victims, and those who **witness** bullying?
- our children see bullying as a worse problem than racism or peer pressure?
- 35% of youth reported being bullied via the internet in the past year?
- approximately 25% of those kids who were the targets of online rumors took a weapon to school in the past month?\*

It is hard to imagine how any children can escape unharmed and unaffected by bullying and cyberbullying.

### So what can parents do?

- Technology is new for all of us. Explain the appropriate use of cell phones and computers, perhaps using your own experiences as examples.
- Talk to your kids about bullying and cyberbullying

and the importance of telling when the problem persists or involves threats of any kind

- Work with your kids' schools on bullying prevention
- Increase adult supervision where bullying occurs (i.e. stairwells at school and other places where teachers are less visible)
- Monitor/supervise computer use, including periodically viewing social networking sites
- Use the internet to inform and educate your kids:

[www.mcgruff.org/Advice/cyberbullies.php](http://www.mcgruff.org/Advice/cyberbullies.php)

[www.wiredsafety.org](http://www.wiredsafety.org)

[www.stopcyberbullying.org](http://www.stopcyberbullying.org)

[www.ncpc.org/newsroom/current-campaigns/cyberbullying](http://www.ncpc.org/newsroom/current-campaigns/cyberbullying)

[www.netsmartz.org](http://www.netsmartz.org)

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

[www.stoptextbully.com](http://www.stoptextbully.com)

[www.apa.org/helpcenter/resist-violence.aspx](http://www.apa.org/helpcenter/resist-violence.aspx)

\*Ybarra, M., et al. (2007)

