

What is bullying?

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The National Education Association defines bullying as “systematically and chronically inflicting physical hurt and/or psychological harm on another”. It can be as direct as teasing, hitting, threatening,



destruction of property or forcing someone to do something against his/her will, or as indirect as in rumors, exclusion, or manipulation. Cyber bullying (using email, Twitter, Instagram, Facebook, texting, etc.) is another tool that is used to bully others. Bullying involves a real or perceived power imbalance between the one who bullies and his/her target. Simply put, bullying is abuse.

There are three basic ways to identify when a student is bullying another:

- He/she picks on a student day after day (repetition)
- He/she picks on a student that is more vulnerable than him/herself – this student could be physically smaller, younger, has a disability, is from a different social class, dresses differently, doesn’t speak English, etc. (power imbalance)
- He/she enjoys seeing the reaction of the student – usually fear – may cry or become visibly “upset” – hurt or angry (intent to harm)

There are many resources to deal with bullying. Click on the links below to find which sites/resources can provide the information and help needed to become an advocate to stop bullying.

<http://www.stopbullying.gov/prevention/talking-about-it/index.html> (a page that offers tips and suggestions on how to talk with your child about bullying and how to treat others with respect and dignity)

<http://www.pacerkidsagainstabullying.org/kab/> (site for grade school kids about bullying – explains what bullying is and what you can do to stop it – short video has a positive message for a young girl who is “different”)

<https://pacerteensagainstabullying.org/experiencing-bullying/> (website for teens about bullying but there is a great video by teens for parents – click the “Experiencing Bullying” tab and then click “Tell an adult Tab”. The teens in the video give advice about what works when a teen tells you he/she is being bullied)





<https://www.kidpower.org/library/article/bullying-in-schools/> (a website with lots of information – with Seven Solutions aimed at parents about what to do when they learn their child or another child, is being bullied)