

BULLYING

STOPS HERE

Bullying Facts

Bullying is associated with a range of physical and mental health problems, as well as suicide, educational problems, antisocial problems, and relationship problems.

Bullying has numerous negative effects on everyone involved.

It's a girl AND boy problem (65% of boys and 75% of girls in high school reported being verbally or socially aggressive)

Boys report more physical forms of bullying: girls tend to bully in indirect ways, such as gossiping and excluding

Bullying stops in less than 10 seconds, 57% of the time when peers intervene on behalf of the victim.

83% of children report that watching bullying makes them feel uncomfortable; 85% of bullying takes place in front of others.

The Bullies

Those who bully others don't just harm the victims but also themselves because they are more likely to get involved with other harmful activities as a child and adult. The Bullies have short term and long term effects as a child they often tend to skip school, carry weapons around and drink alcohol and use drugs.

The long term consequences are when they are adults they have more power than they used to as a child so they misuse this power by becoming involved in sexual and racial harassment, child abuse, domestic violence, etc.



The Witnesses

There are also consequences for witnesses, the ones who are bystanders and watch victims get bullied. They suffer from frustration, fear, low self-esteem, and a loss of control. They also feel a huge amount of guilt because they didn't do anything to help the victim or victims. Witnesses also develop a lot of anxiety and stress.



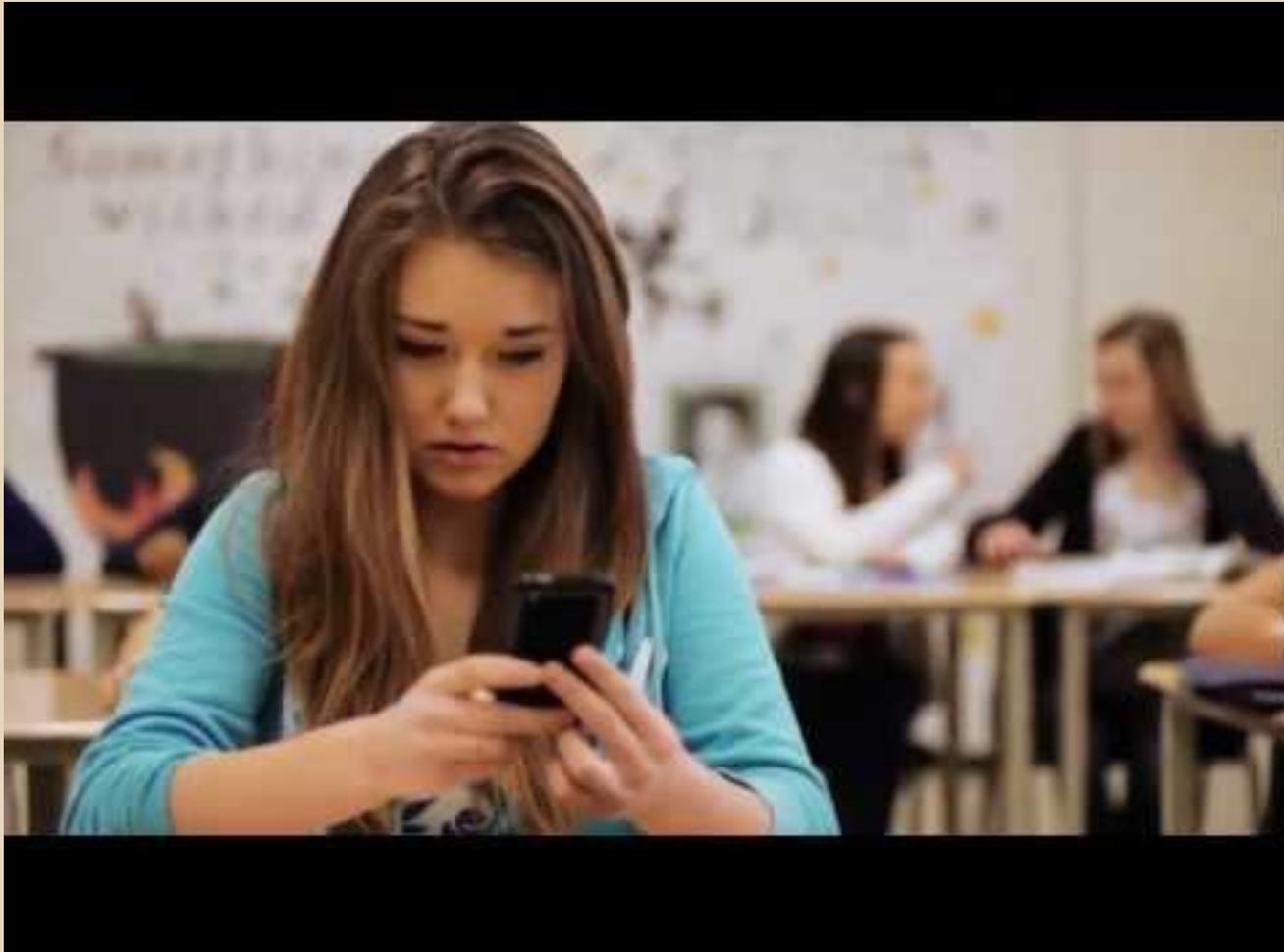
How to counteract bullying

- ask teachers to help you
- get parent help
- call the kids help line -
1-800-668-6868
- intervene as a bystander and help the victim

And now for a video

The following video from Youtube shows how cyber bullying affects everyone who's involved. However, where there's dark, there's always a spark of light.

And now... The Cyber-Bullying Video



What Will You Do to Stop It?

Be the change. Together, we CAN overcome this!