

BULLYING: When Children's Play Becomes Abuse

Males tend to bully with physical aggression and verbal threats.

Females tend to bully with social alienation and intimidating gossip, which is less apparent, and more difficult to identify.

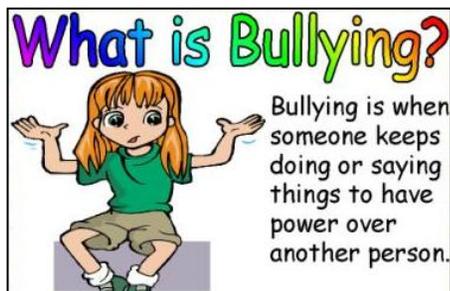
What are characteristics of a BULLY?

- A bully is NOT socially isolated, insecure, nor an academic failure, contrary to common belief.
- A bully asserts him/herself with power and threats to get his or her own way.
- A bully has difficulty following rules and is easily angered.
- A bully often brags about actual or imagined self-superiority.
- A bully frequently is oppositional and defiant toward adults.
- A bully can be any age, any gender, any race.
- A bully often comes from a home with lack of warmth, lack of limits or supervision, often harsh physical discipline, and/or aggressive role models or parenting.

What are characteristics of a VICTIM?

- A victim generally is anxious, insecure, and lacking social skills.
- A victim may have suffered past abuse or traumas.
- A passive victim is physically weak and unable to defend him/herself.
- A passive victim may be isolated and alone much of the day.
- A proactive victim is easily emotionally aroused.
- A proactive victim tends to maintain the conflict and loses with frustration or distress.
- A victim may have a learning disorder that compromises his/her ability to process and respond.

Information provided by Community Mediation Center and
Community of Christ Health Ministries Association
www.hmacofchrist.org 816-833-1000 X1262



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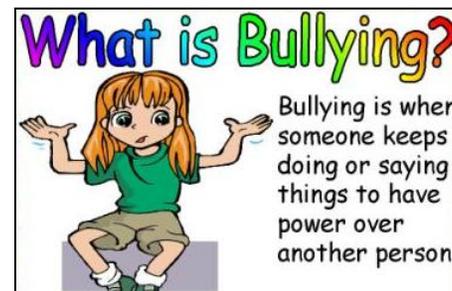
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Bullies and Victims Both Need Love!

Helping The Bully:

- Make it clear you will not tolerate this behavior
- Develop clear and consistent rules; praise and reinforce the child for following the rules

- Use non-physical, non-hostile consequences for rule violations
- Coach him/her to have empathy for the other person.

Helping The Victim:

- Listen carefully; do not blame him or her for inability to solve the problem.
- Be sympathetic to reports of bullying, but be careful not to over-react or under-react
- Expect the child to have some difficult times; provide continual support and encouragement.
- Teach them that hitting back is not a choice; encourage the child to walk away, and tell an adult.
- Teach the difference between tattling and reporting (report what has been happening and what he wants from the adult.)

Helping Both Children:

- Spend time with the child
- Deal with bullying incidents consistently and appropriately
- Encourage the child to get involved in "pro-social" activities like clubs, lessons, or non-violent sports.
- Share your concerns with the child's teacher, counselor, or principal, and/or get professional help.



"You hold precious lives in your hands. Be gentle and gracious with one another. A community is no stronger than the weakest within it. Even as the One you follow reached out to those who were rejected and marginalized, so must the community that bears his name."

Doctrine & Covenants 162:6 a, b, & c



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