



DeSoto County Schools

Bullying: Know the Facts

A Guide for Educators, Parents, and Students

What We Know According to National Statistics:

- According to the National Center for Educational Statistics (2016), more than one out of every five (20.8%) students report being bullied.
- According to the National Center for Educational Statistics (2016), 33% of students who reported being bullied at school indicated that they were bullied at least once or twice a month during the school year.
- According to a national study by Hawkins, Pepler, and Craig (2001), more than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied.
- According to the National Center for Educational Statistics (2016), bullied students indicate that bullying has a negative effect on how they feel about themselves (19%), their relationships with friends and family and on their school work (14%), and physical health (9%).
- According to the National School Climate Survey (2013), 55.5% of LGBT students feel unsafe at school because of their sexual orientation, and 37.8% because of their gender expression.

Know the Warning Signs:

Sign Your Teenager is Being Bullied:

- Cuts, scratches, bruises
- School avoidance
- Lack of friends or social group
- Physical complaints including stomach aches and headaches
- Poor sleep and nightmares
- High anxiety
- Lack of self-esteem

Your Teenager May Be Engaging in Bullying Behavior if He/She Exhibits the Following Characteristics:

- Dominant personality
- Lack of control over temper
- Easily irritable even with basic tasks
- Lack of empathy
- Inflated self-esteem
- Refuses to follow rules
- Enjoys violence
- Hangs out with bullies or others than enjoy hurting classmates physically and/or emotionally

What Can Parents Do?

- Establish a strong, open relationship with your teenager so he/she is comfortable sharing sensitive information
- Make sure you have time to help when needed
- Explain that it is not your teenager's fault that he/she is being bullied
- Never encourage retaliation
- Establish strict rules regarding bullying behaviors that are forbidden
- Follow through with consequences when rules are broken
- Involve school officials to help you alleviate your teenager's situation
- Encourage your teenager to be an up stander if witnessing bullying (intervening is not "tattle tailing")

What Can Students Do?

- Complete the Bullying & Anonymous Safety Alert online form at www.desotocountyschools.org under the Student Links tab.
- Immediately make a report to a school official (principal, counselor, teacher) or trusted adult.

Information obtained from Toolkit for Mental Health Promotion and Suicide Prevention-Compiled by:
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