

A word from your School Nurse

October is National Bullying Prevention Month, a time to focus and raise awareness about bullying. Please discuss the following information with your child/children.

Facts and Tips for Children and Adults

How to define bullying. Bullying is characterized as the following:

- Intentional—unwanted, aggressive behavior intended to cause harm
- Repeated—the unwanted behavior is repeated multiple times or has the likelihood to be repeated many times.
- Power imbalance—involves an imbalance of power between the target and perpetrator(s) based on a student's real or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, physical appearance, sex, or other distinguishing characteristics.

Importantly, bullying is distinctly different than disagreements between peers or aggressive behaviors between siblings or current dating partners.

Bullying can take many forms. Bullying behaviors typically co-occur and include:

- Direct—includes, but is not limited to, verbal abuse or physical aggression
- Indirect—includes, but is not limited to, name calling, social isolation, defamation, and rumor spreading.
- Cyberbullying—any type of bullying that is carried out through electronic media

What students are targets of bullying? Bullying involves a power differential between the bully and the victim that is based on real or perceived factors.

Particularly vulnerable student populations can include:

- LGBTQI2-S youth
- Students who have a physical, mental, or intellectual disability
- Students perceived as "different" due to weight, clothing, or socioeconomic status,

Bullying can have a lasting impact for victims, perpetrators, and bystanders into adulthood.

These lasting effects can take these forms:

- Psychological— increased prevalence of internalizing behaviors (e.g., depression and anxiety)
- Social—damage to social relationships, marginalization, and social withdrawal
- Physiological—increased level of stress, somatic symptoms, and feelings of distress.
- Academic—decreased academic performance due to psychological and/or physiological symptoms and school absenteeism or school avoidance.