

**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](http://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: Shashank V. Joshi, MD, Mary Ojakian, RN, Linda Lenoir, RN, MSN, CNS, and Jasmine Lopez, MA, NCC