

# Bullying: What Is It? What Can It Do?



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“It's not our job  
to toughen our children  
up to face a cruel and  
heartless world. It's our  
job to raise children who  
will make the world  
a little less  
cruel and heartless.”

— L.R. Knost

# What is bullying?

Aggressive behavior that is intentional,  
done to inflict harm or to gain power  
over another person

# Types of bullying

- Verbal
- Physical
- Indirect
- Technological

# Characteristics of a bully

Bullies tend to have been victims themselves or witnessed violence at home

Tend to be physically strong

May or may not be popular

Bullies tend to exhibit a lack of respect for adults



# Effects of Bullying

Perpetrator

Victim

Legal issues

Physical illness

Poor school performance

Poor school performance

Mental health issues

Mental health issues

Social issues

Social issues

# Effects of bullying cont

Bystander-witness to bullying

School issues

Mental health issues- anxiety and depression

Increased use of alcohol, tobacco or other drugs

# Warning signs your child may be a victim of bullying

Unexplainable injuries or illnesses (stomach aches, headaches or feeling sick)

School refusal

Lost or destroyed clothing, books, electronics, or jewelry

Changes in eating habits, like suddenly skipping meals or binge eating.

Difficulty sleeping or frequent nightmares

Declining grades, loss of interest in schoolwork

Sudden loss of friends or avoidance of social situations

Feelings of helplessness or decreased self esteem

Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide



# Warning signs your child may be bullying others

Get into physical or verbal fights

Have friends who bully others

Increasingly aggressive

Trouble in school-discipline issues

Have unexplained extra money or new belongings

Blame others for their problems

Don't accept responsibility for their actions

Worry about their reputation or popularity

# Why victims don't tell

No one will listen

It will get worse-bully may find out

Feel ashamed or embarrassed

Nothing will change

They may not recognize they are being bullied

# What can parents do?

## *My promise to my children*

I am your mother.

I will stalk you, flip out on you,  
lecture you, drive you insane,  
be your worst nightmare, and  
hunt you down like a  
bloodhound when needed  
because I LOVE YOU!

When you understand that,  
I will know you are  
a responsible adult.

You will NEVER find someone  
who loves, prays, cares and  
worries about you  
more than I do.



# What parents can do?

Monitor phones, social media, internet usage

Talk to them about bullying- get creative  
-through movies, music or books

Volunteer at school

Organize play dates-know their friends and parents

Be involved and know when to get help