

TEST YOUR BULLYING IQ

1. WHAT CAN OCCUR IF SOMEONE IS BEING BULLIED?

- A. Increased school absenteeism
- B. Increased anxiety
- C. Suicidal thoughts and/or attempts
- D. Lowered self-esteem & confidence
- E. All of the above

2. HOW CAN BYSTANDERS HELP DECREASE BULLYING?

- A. Join in on the teasing
- B. Learn skills & language to counteract bullying
- C. Walk away

3. WHAT CAUSES SOMEONE TO BULLY OTHERS?

- A. Some model their behavior after their parents
- B. Some bullies are also bullied themselves
- C. Some bully to feel "cool" or "powerful"
- D. All of the above

4. BULLYING SHOULD BE IGNORED, IT IS A NORMAL PHASE OF THE TEENAGE YEARS.

- A. True
- B. False

5. HOW CAN SCHOOLS HELP PREVENT BULLYING?

- A. Take all bullying seriously
- B. Make students & staff aware of the consequences of bullying
- C. Follow through with stated consequences
- D. All of the above

Quiz Answers: 1. E 2. B 3. D 4. B 5. D



RESOURCES

National Center for Bullying Prevention
www.pacer.org/bullying/

National Suicide Prevention Lifeline
24 hours/day
 1-800-273-8255 or
www.suicidepreventionlifeline.org

National Education Association
www.nea.org/bullyfree

Center for Safe and Responsible Internet Use
<http://csriu.org>

Wired Safety
www.wiredsafety.org

Stop Bullying
www.stopbullying.gov

Cyberbullying Research Center
www.cyberbullying.us



For more information please contact:
THRIVE Staff

Northwest Portland Area Indian Health Board
 2121 SW Broadway, Suite 300
 Portland, OR 97201
 Phone: 503.228.4185 • Fax: 503.228.8182
 Email: npaihb@npaihb.org



Indian Health Service
 Division of Behavioral Health
 Phone: 301.443.2038

STAND
 UP
 TOGETHER
 STAND
 STRONG
 WE
 PREVENT

STAND UP TO BULLYING



DEFINITION OF BULLYING

BULLYING: Bullying is when someone knowingly and repeatedly hurts a less powerful person. The harm to the recipient can be physical, emotional, or both.

BULLY: The person causing deliberate harm to someone else.

CYBERBULLYING: Deliberate repeated harm toward someone using an electronic device (like the Internet or a cell phone). This can include name calling, sending threatening messages, posting gossip, posting someone's secrets, posting embarrassing photos, etc.

STATISTICS

In the U.S., 10% of students in 6th -10th grade report being bullied, and 13% report bullying others. In nearly 2/3 of school shootings the attackers felt bullied by their classmates. Bullying contributes to 10% of the suicides completed in the U.S. The suicide rate for American Indian/Alaska Native 15-24 years-olds is twice that of their White counterparts.

BULLYING AND SUICIDE

If the victim of bullying feels like they have nobody to turn to to help stop the bullying, they may feel as though nobody cares, or that they do not deserve to be helped. The victim may view life as being hopeless, which can in turn lead to thoughts of suicide or even attempts.

Bullying and victimization are frequently associated with thoughts of suicide or suicide attempts. Bullying can also cause or deepen depression, anxiety, poor self-esteem, feelings of being trapped, self-blame, insomnia, etc.

INTERVENING AS AN ADULT

Bullying is not inevitable. It can be stopped. It is important for everyone to **STAND UP TO BULLYING**.

CONFRONT BULLIES: Let the teen know that their aggressive actions and behaviors are causing problems and are not okay. Discuss why the teen bullies and other ways to express negative feelings.

PROVIDE TOOLS: Help the teen build other social skills and increase self-esteem. If the teen is "popular" discuss other ways to impress their peers. Talk with school staff about the situation and what changes can be made.

BUILD PROTECTIONS: Protective factors, like having an adult teens can turn to or feeling personally connected to their culture, can protect teens from thoughts of suicide. Teach teens how to stand up to bullies, and to tell a trusted adult about any bullying they witness or experience.

PARENTS PREVENT BULLYING

KNOW THE WARNING SIGNS

YOUR CHILD/TEEN(S): Regularly comes home with bruises & scrapes; is often upset after school, extracurricular activities, or being on the internet or getting texts; regularly asks to stay home from school or extracurricular activities; seems more anxious or depressed; experiences a drop in grades.

STAND UP TO BULLYING

POSITIVE ROLE-MODELING: Teens mimic how their parents treat others. If a parent bullies or is aggressive toward others, teens may model that behavior. Keep your cool and model good behavior.

SET CONSEQUENCES: If negative patterns emerge, provide consequences immediately to show that bullying is not acceptable behavior.

COMMUNICATE WITH THE SCHOOL: Know your school's anti-bullying protocols and talk with school staff to be sure they will contact you if your teen is involved in bullying – either as the victim or the bully.

TALK ABOUT BULLYING AS A PROBLEM: Discuss bullying with your teen. Make sure they know it is a serious problem and that it is not the victim's fault. If you are open about your anti-bullying stance, they may be more willing to come to you if they witness or experience bullying.

