

# Bullying Viewing Guide

## Bullying: Brianna's Story

### Grade Level: 3-5

#### The Facts:

##### According to The National Center for Educational Statistics:

- One out of every four students (22%) reports being bullied during the school year (National Center for Educational Statistics, 2015)
- 64% of children who were bullied did not report it; only 36% reported the bullying (NCES, 2015)
- School-based bullying prevention programs decrease bullying by up to 25% (NCES, 2015)

##### There are several different types of bullying:

- **Physical:** Hitting, kicking, tripping or pushing another child. It also involves taking other children's possessions, damaging other people's property or hiding someone's personal items. Boys are most likely to use this type of bullying.
- **Psychological:** Name-calling, teasing, or making remarks about someone's culture, religion, physical appearance, disabilities or medical condition. It also involves bossiness, intimidating others and making threats.
- **Relational:** Socially isolating other children by intentionally excluding them or spreading rumors about them. Girls typically use this type of bullying, which often goes undetected.
- **Digital and Online:** These behaviors parallel much of the above list but they are done electronically.

#### Start a Conversation:

1. What does "bullying" mean to you? How would you describe a bully?
2. Why do you think people bully? Do you ever see kids at school being bullied by other kids? How does it make you feel?
3. What do you usually do when you see bullying going on? What are some other ideas for how to handle situations where bullying is involved?
4. Who are the adults you trust most when it comes to things like bullying? Make sure they know that they can always come to you to talk about any of these issues.

#### Advice from the Experts:

It's important for parents, guardians, and caregivers to ask children open-ended questions about their lives everyday. Start with simple questions such as, "How was gym class today?" or "Who did you sit with at lunch?" These questions and discussions will help give a better understanding of how the child feels about school. Once the child has opened up a little bit, the adult can ask more direct questions such as, "Has anyone ever been mean to you on the bus? What happened? How did you respond?"

## Sources:

For more information about and tips on how to talk with children about bullying, go to:

- [PACER.org/bullying](https://www.pacer.org/bullying)
- [stopbullying.gov](https://www.stopbullying.gov)
- [stopbullyingnow.com](https://www.stopbullyingnow.com)