



Bullies and Victims: A Primer for Parents

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Approximately 10% of children are bullies, 10% are victims, and 10% are bullies/victims (Robison, 2001).

BULLYING IS A SERIOUS PROBLEM

Bullying is a serious problem that affects millions of children each year. It can have long-term effects on a child's mental and physical health.

Types of Bullying

There are three main types of bullying: physical, verbal, and social. Physical bullying involves hitting or pushing. Verbal bullying involves name-calling or teasing. Social bullying involves spreading rumors or excluding someone from a group.

Consequences of Bullying

Bullying can lead to a variety of negative consequences, including depression, anxiety, and low self-esteem. It can also lead to physical health problems and even suicide in severe cases.

Challenges to Stopping Bullying

There are several challenges to stopping bullying, including a lack of awareness, a fear of retaliation, and a lack of support from school officials.

FOR PARENTS: BULLIES AND VICTIMS

Parents play a crucial role in identifying and addressing bullying. It's important to talk to your child about bullying and to work with school officials to create a safe environment.

Characteristics of Bullies

Bullies often have certain characteristics, such as being aggressive, confident, and popular. They may also have a history of being bullied themselves.

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Characteristics of Victims of Bullying

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