

TYPES OF BULLYING

Verbal bullying is saying or writing mean things.

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

Social bullying, referred to as relational bullying, involves hurting someone's reputation or relationships.

- Leaving someone out on purpose
- Telling other people not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

Physical bullying is hurting a person's body or possessions.

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets.

- Social Media (Facebook, Instagram, Snapchat, Twitter)
- SMS (Short Message Service) - Text message
- Instant Message
- Email

RESOURCES

Stop Bullying
www.stopbullying.gov

National Suicide Prevention Lifeline
1-800-273-8255

Orange County Sheriff's Department
For emergencies, dial 911
Non emergencies
714-647-7000 / 949-770-6011

Juvenile Services Bureau (JSB)
949-206-6100

School Mobile Assessment Resource Team (SMART)
949-206-6100

Pepperdine Resource Youth Diversion and Education (PRYDE)
949-206-8600

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ORANGE COUNTY
SHERIFF'S DEPARTMENT
ANTI-BULLYING PROGRAM



WHAT IS BULLYING?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

- **An Imbalance of Power.** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- **Repetition.** Behaviors happen more than once or have the potential to happen more than once.

WHERE AND WHEN BULLYING HAPPENS

Bullying can occur during or after school hours. While most reported bullying happens in the school building, a significant percentage also happens in places like on the playground or the bus. It can also happen travelling to or from school, in the youth's neighborhood, or on the Internet.

SIGNS A CHILD IS BEING BULLIED

Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs.

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in school work, or not wanting to go to school
- 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

If you know someone in serious distress or danger, do not ignore the problem. **Get help right away.**

SIGNS A CHILD IS BULLYING OTHERS

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for actions
- Are competitive and worry about their reputation or popularity

PARENTS, SCHOOL STAFF, AND OTHER CARING ADULTS HAVE A ROLE TO PLAY IN PREVENTING BULLYING.

They can:

Help kids understand bullying.

Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.

Keep the lines of communication open.

Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.

Encourage kids to do what they love.

Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.

Model how to treat others.

Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.